

# SPECIAL EVENTS

## Bellingham Youth Triathlon

Saturday, August 8

Age 11—13 Starts at 9:00am

Age 9—10 Starts at 10:00am

Age 6—8 Starts at 10:30am

Our focus is still squarely on participation and fun, though that competitive edge still sneaks in there in bits and pieces. This is an inexpensive event that's fun for participants and family members alike.

For more information contact Lance Romo at  
(360) 778-7665 or [Lromo@cob.org](mailto:Lromo@cob.org)  
or visit [trithecookie.com](http://trithecookie.com)

## Lake Padden Triathlon

Saturday, June 27, 8:30am

It's time to try a triathlon. We'd like to encourage those of you who've never completed a triathlon, but love to be active to give this fabulous sport a try. We use chip timing to provide immediate, accurate split and transition times.

To register on-line go to [www.trithecookie.com](http://www.trithecookie.com).

For more information contact Lance Romo at  
(360) 778-7665 or [Lromo@cob.org](mailto:Lromo@cob.org).

## Swim-Tek

### Video Stroke Analysis

Fitness lap swimmers, competitive swimmers, triathletes, cross-training athletes, learn the art of swimming "smarter not harder" through video-taping above and below the surface with coaches feedback for improved technique.

Jim Williams

[www.swim-tek.com](http://www.swim-tek.com)

## Bellingham Masters

A year-round competitive work-out group for swimmers aged 18 and older.

M, T, Th, F—5:30-7:00am

T & Th—7:00-8:00pm

Contact:

Linda Hegeberg (AM Group) - 676-4639

Cathy Renaud (PM Group) - 738-0148

## Springboard Diving Sessions

A fun springboard diving program for divers with at least Youth 4 swimming abilities and at least 6 years of age. We welcome teenagers & adults too.

Call (360)-778-7665 for additional information.

Beginning Diving Class

Wednesdays, June 24-August 12—4:45-5:45pm

\$52.00/Eight classes

Advanced Diving Class

Thursdays, June 25-August 13—4:45-5:45pm

\$52.00/Eight classes

ADVANCED REGISTRATION REQUIRED

## Bellingham Bay Swim Team

A year-round professionally-coached swim team for all ages.

Five training groups based on ability.

Practice times vary depending on ability:

M-F 6:30-9:30am, 3:30-7:30pm

Sat 8:30-11:30am



Contact Emily Baird-Levine (by phone) (360)-738-3561

Contact Annie Huang (by e-mail) [annie1516@yahoo.com](mailto:annie1516@yahoo.com)

[www.bellinghambayswimteam.org](http://www.bellinghambayswimteam.org)

## 2009 Races!

Padden Triathlon . . . . . June 27

Padden Duathlon . . . . . July 25

Bellingham Youth Triathlon . . . . August 8

Fairhaven Runners 15K . . . . . September 12

RunningShoes.com Duathlon . . . . October 11

Visit our website at [trithecookie.com](http://trithecookie.com)

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