

Getting Older, Getting Faster:

How to Get on the Podium As You Move up the Age Group Ranks of Triathlon

A Presentation by Christine McKnight,

Longtime Member of the Capital District Triathlon Club

Nationally Ranked Triathlete and Ironman World Championship Finisher at Age 66

Friday, April 25, 5:30-7 p.m.

Blue Sky Bicycles

Saratoga Springs, N.Y.

Refreshments will be served.