



# Remove The Limits Triathlon

Embark on an exhilarating journey by joining a triathlon team! Immerse yourself in a supportive community, taught by seasoned triathletes and volunteers that share your passion for swimming, cycling, and running. Dive into a world of fitness, camaraderie, and personal triumphs – the perfect blend for a thrilling and fulfilling adventure as we train for the Ballwin Triathlon on July 21, 2024.



<b>JUNE 8</b>	<b>Running Practice</b>
<b>JUNE 15</b>	<b>Bike Practice</b>
<b>JUNE 22</b>	<b>Swim Practice</b>
<b>JUNE 29</b>	<b>Running Practice</b>
<b>JULY 13</b>	<b>Bike Practice</b>
<b>JULY 20</b>	<b>Swim Practice</b>
<b>JULY 21</b>	<b>Ballwin Triathlon!</b>
<b>JULY 27</b>	<b>Wrap Up Party</b>

**Official Meet & Greet  
Virtual Meeting  
Thursday May 30, 2024**

**Program Cost: \$65**

For questions contact:  
Rhonda Hembree  
[rhembree@slarc.org](mailto:rhembree@slarc.org)  
or (314) 817-2245

**Recreation Hotline:**  
314-817-2244

**Emergency Hotline:**  
314-288-7759

Meet At:

**Riverchase YMCA**

990 Horan Dr,  
Fenton MO 63026

\*Running & biking will take place on the outdoor trail adjacent to the YMCA. Swim practices will take place at the pool in the YMCA.