SWIM-BIKE-RUN-BINGO!!!

Ironman Santa Rosa

Ride a total 100 miles	**Complete a run workout**	**Visit a sponsor and use your club discount**	**Complete an interval workout**	**Attend a club general meeting**
Take a picture (and post) working out with a fellow Trispoke!	**Participate in a club workout**	**Submit your 2019 race plan or ideas**	**Use swim paddles for part of your workout**	**Clean and lube your bike**
Complete a bike workout	**Volunteer at a local event**	**FREE SPACE**	**Register for a 2019 race**	Renew your 2019 membership
Complete a swim workout	Complete a brick workout (any 2 workouts back to back)	Read a Tri training article (share too if you're into that)	Skip a planned workout to spend time with your family or friends	**Take a REST day**
Get at least 7 hours of sleep, 3 days in a row	**Tell your biggest supporter THANK YOU!**	**Stretch after a long workout**	**Swim 5,000 yards**	**Run a total of 15 miles**

myfreebingocards.com