

Rocky Hill Tri

Take a picture (and post) working out with a fellow Trispoke	Run a total of 15 miles	Fill out the club survey	Read (and hopefully share) a Tri training article	Complete a run workout
Ride a total of 100 miles	Complete a swim workout	Register for a 2020 race (Tri/Bike/Run/Swim)	Become a USAT member	Complete a brick workout (any 2 workouts back to back)
Swim a total of 5,000 yards	Volunteer at an event (swim/bike/run)	FREE SPACE	Renew your Trispokes 2020 membership	Complete an interval bike workout
Participate in a club workout	Take a rest day	Complete an interval run workout	Complete a bike workout	Visit a club sponsor and use your discount
Get at least 7 hrs of sleep, 3 days in a row	Stretch after a tri session	Submit a club speaker idea (via email or facebook)	Clean and lube your bike	Attend a club general meeting