



St. John's Hospital

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



# Multi-Sport 101:

## Swim, Bike, Run ... Biathletes and Triathletes

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Wednesday, March 17, 6:30 - 8 p.m.

St. John's Hospital AthletiCare™, 3631 S. Sixth Street, Springfield

- Ask questions and get answers from our panel of biathletes and triathletes
- Geared toward the novice biathlete/triathlete

### *Panel members:*

Patty Shafer, local triathlete and experienced sprint and Ironman distance participant

Michael Meyer, local triathlete and experienced sprint and Olympic distance participant

Brenda Reiling, PT, AthletiCare, local triathlete and experienced sprint and Half Ironman distance participant

Free Seminar. Registration required. Call (217) **744-PLAY** (7529).