

Mission Statement

Team BEAST is dedicated to enthusiastic people interested in triathlon, endurance or multi sport activities with desire to have fun while training and getting into shape.



Dues & Discount Information

\$45 For 1st Family Member Per Session
\$25 Each Add'l Family Member Per Session
\$25 Youth Only (under age 18) Per Session

Sessions: April-Sept & Oct-March

Club Discounts Include:

Spin Classes (Y members only)
10% off purchases at Running Wild
Bickel's Cycling Discount Punch Card
BEAST t-shirt included with membership

*Burlington Y membership benefits are not included and the purchase of a day pass is required to participate in Team BEAST activities held at Y facilities for any person not a Y member.

Sponsored by:
Great River Health Systems
Burlington Community YMCA-YWCA
Clear Channel Radio
Running Wild Bickel's Cycling

Lake Geode Challenge
Olympic Distance Triathlon
Hosted by: Team BEAST!
See website for more details!
www.lakegeodechallenge.com

Take a Bite out of Life!

Grrr.....

Burlington Community YMCA-YWCA
2410 Mt. Pleasant Street
Burlington, IA 52601

Phone: 319-753-6734 (YMCA-YWCA)
Contact Stephie Libben at the Y for additional information or
Email: membership@teambeast.org
www.teambeast.org



Burlington
Endurance
Athlete
Sports
Team

Grrr.....

www.teambeast.org

Team BEAST Grrr.....

Burlington Endurance Athlete Sports Team (BEAST)



is a membership of highly motivated, fun-loving athletes who train, race and socialize together. We include all levels of experience and expertise and welcome endurance athletes and anyone interested in triathlons, cycling, running and mountain biking. We currently have beginning members in the various disciplines, as well as seasoned veterans who have competed at the national level in triathlons, marathons, swimming and cycling events.

Membership

Who can join? Anyone!

Only requirement is a desire to have fun while getting fit!

Whether your goal is to train

for a marathon; participate

in a triathlon; or just to get into shape,

this club is for you!



Training

Enjoy the camaraderie of group training

or individual training—it's up to you,

whether it's running, swimming, biking or

participating in races! Triathlon training

plans are provided by USAT certified

coaches!

Youth

The Team

BEAST youth

program introduces kids to the excitement

of being a multisport athlete. We

do this through camps, clinics, group

training sessions and racing with an emphasis

on **HAVING FUN!**



Social

In addition to training, we also enjoy social

gatherings where members can enjoy dinner and other activities in a non-training environment.

Clinics

Clinic topics include information on: Running

Form, Bike Maintenance, Nutrition, Sports

Psychology, Swimming Mechanics, Triathlon

Transitions, Cycling Basics, Running Shoe Se-

lection, Open Water

Swimming and much

more!



How To Join

Applications are at the front desk of the Burlington Area Community YMCA-YWCA.

Stop in and fill one out—it's that easy!



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