

Contact:  
Mary Pat Adams  
Manager of Marketing and Community Outreach  
Foothills Park & Recreation District  
(303) 409-2106  
[mpadams@fhprd.org](mailto:mpadams@fhprd.org)

Or  
Kate Dragoo  
Marketing Specialist  
Foothills Park & Recreation District  
(303) 409-2525  
[kate@fhprd.org](mailto:kate@fhprd.org)

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## **Foothills triathlon training**

LITTLETON, Colo.--Whether you are a weekend warrior or seasoned tri-athlete, Foothills Park & Recreation District invites you to learn about a special triathlon training program developed by its staff in the Fitness and Aquatics programs.

“The challenge of pushing your body to its physical limits is an art form that requires tremendous commitment and training on the part of the athlete. It’s a tough road to walk (or run) without a support network,” said Tami Adams, Fitness and Wellness supervisor with Foothills.

The program begins with a seminar from 10 a.m. – noon, Saturday, June 2, at the Peak Wellness Center, 6612 S. Ward St. Topics include background on effective training, transitions, nutritional components, sample workouts, evaluation clinics for running, swimming and cycling, and registration opportunities for individual and group training programs. Cost is \$5 for both district and non-district residents for advance registration, or the standard drop in fee on the day of the event.

Call (303) 409-2114 or (303) 409-2508 for more information.

At the conclusion of the seminar those interested can sign up for an eight-week program. “The availability of specialized training, guidance, support and encouragement can give the athlete just the edge they need to meet their individual goals,” Adams said.

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*Foothills Park & Recreation district, founded in 1959, serves a 28 square mile area of unincorporated Jefferson County generally bounded by Hampden Avenue south to C-470 from Sheridan Boulevard west to the Dakota Hogback. The District operates the Ridge Recreation Center, the Edge Ice Arena, Lilley Gulch Recreation Center, the Peak Community and Wellness Center, four outdoor swimming pools, Indoor Sports Arena, Foothills Golf Course complex, Meadows Golf Course, and 69 park sites totaling more than 2,410 acres and including four regional parks, 42 neighborhood and community parks and 24 greenbelts. In addition Foothills manages six regional trail corridors for public use, which, combined with park trails, total more than 31 miles. For more information visit [www.ifoohills.org](http://www.ifoohills.org) , or call (303) 409-2100.*