

SPRING PRACTICE LOCATIONS FOR THIS WEEKEND!

Try us out – see what Team In Training is all about! Bring a friend!

EASTSIDE / WESTSIDE CYCLE – Saturday, Nov. 7th @ 7:45 am

EASTSIDE: Rose Bowl Aquatics 360 N. Arroyo Blvd. Pasadena, CA. 91103

WESTSIDE: Laguna Park, Playa Del Rey • Call Tonya at 310.846.4722 for info and time (Tu-Fri)

IRON TEAM – Saturday, Nov. 7th @ 10 am

RUN: Saturday, Nov. 7th @ 9am Veteran's Park: 4117 Overland Avenue, Culver City

SWIM STARTS: Tuesday, Nov. 10th @ 7 pm Culver City Plunge: 4117 Overland Avenue, Culver City

OR SWIM: Thursday, Nov. 12th @ 7 pm Van Nuys - Sherman Oaks Pool: 14201 Huston St., Sherman Oaks
Behind Veteran's Memorial Ctr. and Culver City Plunge • Call Rachel at 310.846.4705 for more info (Tu-Fri)

EASTSIDE TRIATHLON

SWIM: Tuesday, Nov. 3rd @ 7-8 pm Sherman Oaks/Van Nuys Pool: 14201 Huston St, Sherman Oaks, 91423

OR SWIM: Wednesday, Nov. 4th @ 7-8 pm Glassell Pool: 3704 Verdugo Rd., Los Angeles, 90065

RUN: Saturday, Nov. 7th @ 8am LA Zoo (5333 Zoo Dr., Los Angeles, 90027) Parking Lot "C" as in Camel
Call Nadia at 310.846.4729 for info on either workout (Tu-Fri)

WESTSIDE TRIATHLON

RUN: Saturday, Nov. 7th @ 8 am Ocean and San Vicente Gear: Please be prepared to go for a Jog. Remember to bring water. • Call Sarah at 310.846.4715 for more info (Tu-Fri)

LONG BEACH MARATHON – Saturday*, Nov. 7th @ 7 am

Appian Way (aka - Long Beach Marina) Yacht Club, 6201 E. Appian Way Long Beach, CA 90803

Meet in the parking lot north of the club, near the 2nd Street bridge. Don't confuse this with Mother's Beach. Go under the 2nd Street bridge and head towards the ocean. • Call Whitney at 310.846.4708 for info (Tu-Fri)

SAN FERNANDO VALLEY MARATHON – Saturday, Nov. 7th @ 7 am

Balboa Park (3rd Parking structure along the lake once you're in park)

Call Courtney at 310.846.4713 for info (Tu-Fri)

SAN GABRIEL VALLEY MARATHON – Saturday, Nov. 7th

Call Beth at 310.846.4710 for info (Tu-Fri)

SOUTH BAY MARATHON – Saturday, Nov. 7th @ 8 am

Malaga Cove right by large statue in the middle of the of the parking lot. For Directions, click below:

[http://www.google.com/maps?f=q&source=s_q&hl=en&geocode=&view=map&q=malaga+cove+plaza,+pve,+ca](http://www.google.com/maps?f=q&source=s_q&hl=en&geocode=&view=map&q=malaga+cove+plaza,+pve,+ca&sll=33.801884,-)

[118.388844&sspn=0.008327,0.013754&ie=UTF8&hq=malaga+cove+plaza,+pve,&hnear=California&z=16](http://www.google.com/maps?f=q&source=s_q&hl=en&geocode=&view=map&q=malaga+cove+plaza,+pve,+ca&sll=33.801884,-118.388844&sspn=0.008327,0.013754&ie=UTF8&hq=malaga+cove+plaza,+pve,&hnear=California&z=16)

Call Gretchen at 310.846.5176 for info (Tu-Fri)

WESTSIDE MARATHON – Sunday, Nov. 8th @ 8 am

Parking Lot of the Santa Monica Civic Center on Main St. between Pico and Olympic

Call Jill at 310.846.4720 for info (M-Th)

VENTURA MARATHON – Saturday, Nov. 7th @ 7 am

Road Runner Sports, 1714 Newbury Road, Newbury Park, CA 91320. For Directions, click below:

[http://maps.google.com/maps?f=q&hl=en&geocode=&q=1714+Newbury+Road,+Newbury+Park,+CA+91320,+U](http://maps.google.com/maps?f=q&hl=en&geocode=&q=1714+Newbury+Road,+Newbury+Park,+CA+91320,+USA&sll=34.015228,-118.402319&sspn=0.008573,0.014462&ie=UTF8&ll=34.184844,-)

[118.916745&sspn=0.008556,0.014462&z=16&iwloc=addr&om=0](http://maps.google.com/maps?f=q&hl=en&geocode=&q=1714+Newbury+Road,+Newbury+Park,+CA+91320,+USA&sll=34.015228,-118.402319&sspn=0.008573,0.014462&ie=UTF8&ll=34.184844,-118.916745&sspn=0.008556,0.014462&z=16&iwloc=addr&om=0) • Call Elise at 805.485.1781 for info (Tu-Fri)

CENTRAL COAST MARATHON* Call Barbara Saia at 805.772.5965 for info (Mon-Fri)

SANTA BARBARA MARATHON* Call Erin Pearson at 805.966.4357 for info (Tu-Fri)

**While Central Coast and Santa Barbara don't have Spring Teams practicing, please call for details on our Sensational Summer Season.*