



Friends of Team In Training

The following is a list of local businesses, which are involved with the TNT program. They support our mission and our participants, so please support them!

Running/Walking Shoes & Apparel

Potomac River Running

www.potomacriverrunning.com

Potomac River Running provides expert advice and analysis in choosing your running or racewalking shoes, apparel and accessories. Potomac River Running also offers a 10 % discount to TNT participants.

Brand New Store!

3513 Connecticut Ave NW

Washington, DC 20008

(202) 244-3544

20630 Ashburn Rd., Ashburn, VA
(703) 729-0133

5715 Burke Centre Parkway, Burke, VA
(703) 978-0500

11911 Democracy Dr. (Reston Town Center)
(703) 689-0999

3924 Wilson Blvd, Arlington, VA
(703) 243-2332

Georgetown Running Company

www.the-running-company.net/georgetown.htm

Georgetown Running Company offers a discount to TNT participants. They provide a wide selection of shoes and apparel for athletes and just opened a new store in Chevy Chase, MD

3401 M. St. NW, Washington, DC
(202) 337-8626

4461 Willard Avenue, Chevy Chase, MD
(301) 215-6355 – Brand New Store!

Metro Run & Walk

www.metro-run-and-walk.com

Metro Run & Walk will give a 10% discount to Team In Training members! At Metro Run & Walk you will receive specialized attention by trained and experienced staff.

7516 Leesburg Pike, Falls Church, VA
(703) 790-3338

7261 Commerce St., Springfield, VA
(703) 913-0313

1776 East Jefferson St., Rockville, MD
(301) 984-2900

City Sports

www.citysports.com

City Sports is a proud partner of the Nation's Triathlon and will be giving all TNT participants a coupon to be used in their stores!

727 7th St NW, Washington, DC
202-638-3115

1111 19th St NW, Washington, DC
202-467-4100

7121 Arlington Rd, Bethesda, MD
301-718-1007

Fleet Feet Gaithersburg

www.fleetfeetgaithersburg.com

Fleet Feet is our newest friend in the Gaithersburg area. They are dedicated to helping TNT recruit new participants and serving our teams in their area.

68 Market St. (in the Kentlands)
(301) 926-6442

Pacers

runpacers.com

Pacers has locations throughout Northern Virginia. Check their website for information about their weekday "fun runs."

1301 King St., Alexandria, VA 22314
(703)836-1463

3100 Clarendon Blvd, Arlington, VA 22201
(703)248-6883

8535 Fenton St, Silver Spring, MD 20910
(301)495-7811

10427 North Street, Fairfax, VA 22030
(703)537-0630

Specialty Sport Apparel

Bonzai Sports

www.tribonzai.com

Bonzai Sports offers 10% off online purchases to TNT participants with the code: tntnac07.
2826 Fallfax Dr., Falls Church, VA
(703) 280-2248

Conte's Bicycle & Fitness

www.contebikes.com

Conte's is a provider of bicycles for cyclists and triathletes, as well as fitness gear. They offer 15% off of accessories and either 5% off a bike purchase or 0% financing for one year on a bike purchase.
3924 Wilson Blvd., Arlington, VA
(703) 248-9600

Big Wheel Bikes

www.bigwheelbikes.com

Big Wheel is our exclusive local Schwinn dealer and the only place where you can redeem your coupon for 10% off any Schwinn bike. Big Wheel has locations in Arlington, Alexandria, Georgetown and Bethesda. In addition to the discounts offered on Schwinn bikes, Big Wheel also offers discounts on other bikes and accessories.

3119 Lee Highway, Arlington, VA
703-522-1110

2 Prince St, Alexandria, VA
703-739-2300

6917 Arlington Rd, Bethesda, MD
301-652-0192

1034 33rd St. NW, Washington, DC
202-337-0254

The Bike Rack

www.bikerackdc.com

The Bike Rack is our only retail partner in downtown DC for cycling equipment. Their friendly and knowledgeable staff can get you outfitted for century or triathlon riding. TNT participants will receive 10% off any accessories purchased here.
1412 Q St. NW, Washington, DC
202-387-2453

Spokes Etc.

www.spokesetc.com

Spokes can assist with information on bike fit and selection as well as bike maintenance for our TNT triathletes and cyclists. They also offer discounts to TNT participants on in stock bikes and accessories.
224 Maple Ave. East, Vienna, VA
(703) 281-2004

1506 Belle View Blvd., Alexandria, VA
(703) 765-8005

1545 N. Quaker Ln., Alexandria, VA
(703) 820-2200

Sport Fair, Inc.

Sport Fair, Inc. is one of the largest Speedo dealerships in the nation offering many other types of suits, goggles, caps, and other swimming accessories.
5010 Lee Highway, Arlington, VA
(703) 524-9500

Miscellaneous

The Graceful Edge

www.gracefuledge.com

The Graceful Edge is a great website for active women offering an email distribution that lists local hikes, walks, runs, yoga events and rides, as well as information about great gear and apparel for women. Please visit their website at www.gracefuledge.com and sign up there for their weekly emails specific to the Washington, DC area.

Sport and Spine Companies

www.sportandspiner rehab.com

The mission of Sport and Spine Rehab is to provide state of the art comprehensive care by combining chiropractic, physical therapy, rehabilitation and patient education to eliminate symptoms, restore full function, and promote a healthy lifestyle...Sports and Spine Rehab offers a free consultation to all TNT participants and Sport and Spine Athletics offers 10% off of their personal training services (and more!) to all TNT participants.

Expert Nutrition with Rebecca Mohning

www.expertnutrition.net

Rebecca can help you reach your nutrition goals and help you manage your weight for a lifetime. The key is moderation, balance, and a variety of foods that meet your nutritional needs.