

April 24 through June 10:

MONDAY RUNDAY @ THE HIVE

Triathlon Swim: 5-6 pm

Run for all: 6-7 pm

TRAINER TUESDAYS @ THE HIVE (*with bikes and trainers)

Triathlon Swim: 5-6 pm

Trainers for all: 6-7:15 pm

WEDNESDAY BRICKS @ BOB RODALE CYCLING PARK

ALL GROUPS: 4:30 – 6:00 pm Tempo/Circuit Cycling Training and Transition Run (Brick) *We meet at the grass patch at the intersection of where the small loop blends back in to the big loop, or across from where the walking path to the big loop intersects at that loop.

WE RUN THURSDAYS @ THE HIVE

Triathlon Swim: 5-6 pm

Run for all: 6-7 pm

SATURDAY ROAD RIDES, MEET @ BOB RODALE CYCLING PARK

MIDDIES AND PERF: 9:00 – 11:00 am

*We meet at the Southwest-ish end of the parking lot – the part closest to Hamilton Boulevard

NOTE FOR HYBRID ATHLETES:

KB Hybrid swims Monday, Tuesday, Thursday, Friday 3-5 pm @ EHS

AG Hybrid swims Monday, Tuesday, Thursday, Friday 4-6 pm @ HIVE

June 12 - August 5:

MONDAY RUNDAY @ EMMAUS COMMUNITY PARK

Run for all: 8-9 am

Triathlon Swim: 9-10 am

TRAINER TUESDAYS @ EMMAUS COMMUNITY PARK (*with bikes and trainers)

Trainers/handling skills for all: 8 - 9 am

Triathlon Swim: 9 - 10 am

WEDNESDAY BRICKS @ BOB RODALE CYCLING PARK

ALL GROUPS: 8:30 - 10:00 am Tempo/Circuit Cycling Training and Transition Run (Brick) *We meet at the grass patch at the intersection of where the small loop blends back in to the big loop, or across from where the walking path to the big loop intersects at that loop.

WE RUN THURSDAYS @ EMMAUS COMMUNITY PARK

Run for all: 8-9 am

Triathlon swim: 9 - 10 am

SATURDAY ROAD RIDES/BRICKS, MEET @ BOB RODALE CYCLING PARK

MIDDIES AND PERF: 8:00 – 10:00 am* Note earlier time in summer months

*We meet at the Southwest-ish end of the parking lot – the part closest to Hamilton Boulevard

*Be prepared to run off the bike.

NOTE FOR HYBRID ATHLETES:

KB Hybrid swims Monday, Tuesday, Thursday, Friday 6-8 am @ ECPP

AG Hybrid swims Monday, Tuesday, Thursday, Friday 9 - 10:45 am @ ECPP