



Cleveland Triathlon Club 2009 Summer Training Schedule

Cleveland Triathlon Club welcomes all members and guests to check out club training sessions. Please refer to CTC forum for cancellations or questions.

<http://clevetriclub.proboards.com>

Day of the week	Location	Time	Description	Session Contact
Mondays	Sweetwater Landing, Rocky River	5:45 PM (Meet) 6PM Sharp (Start)	BRICK workout (Bike / Run)	Rob Reddy
Mondays	Ledgewood Home Developments, Strongsville	6-7:30AM or 7:30-9AM	Swim Workout offered by the South West Aquatic Team; Available to CTC members at \$5/session drop in fee.	George Vale
Mondays	Monroe Falls	6PM	Open Water Swim	Paul Neal
Tuesdays	Corner of W6th & Lakeside, Downtown Cleveland	6:00 AM	Morning Run generally 6-9 Miles	Ben Miralia
Tuesdays	Independence High School Track	6:15PM (warm-up), 6:30PM (Start)	Track Workout	Kurt Molter
Tuesdays	Strawberry Lane Picnic Area at North Chagrin	6:00 PM	Bike Ride	Janet Edwards
Thursdays	Columbia Swim, Bay Village	7:00 AM	Open Water Swim	Angie Ridgel
Thursdays	Strawberry Lane Picnic Area at North Chagrin	6:30 PM	Trail Run	Steve Yutzy
Thursdays	Corner of Market Ave and 25th St, Tremont	6:00 PM	Downtown Run with D-O-T, welcome to join group at GLB afterwards	Ben Miralia
Thursdays	West Branch State Park, Ravenna	6:00 PM	Mountain Bike Ride	Alan Lonneville
Fridays	Ledgewood Home Developments, Strongsville	6-7:30AM or 7:30-9AM	Swim Workout offered by the South West Aquatic Team; Available to CTC members at \$5/session drop in fee.	George Vale
Fridays	Monroe Falls	6PM	Open Water Swim	Paul Neal