

CITY OF LOS ALAMITOS
RECREATION & COMMUNITY SERVICES DEPARTMENT

RACE DATE:
FEBRUARY 27, 2010

**Tips & Tricks
to Complete
Your Triathlon
with Success**

Let us help you
get ready to race!

Each one-day clinic will include:

Information presented by Dr. Marta Callotta,
Team USA Triathlon & Duathlon Chiropractor
2007-08 CCA Chiropractor of the Year

**Free
Clinics!**

- Hydration & Injury Prevention —
- Helpful Hints for a Successful Race —
- Question & Answer Session —

When: Saturday, November 21, 2009
Saturday, December 12, 2009
Saturday, January 16, 2010

Time: 10:00am-11:30am

**Where: City of Los Alamitos
Recreation Center
10911 Oak Street
Los Alamitos, CA 90720**

When: Saturday, February 20, 2010

Time: 10:00am-11:30am

**Where: USA Water Polo
National Training Center
Located on the Joint Forces Training Base
11200 Lexington Drive
Los Alamitos, CA 90720**

**City of Los Alamitos
Recreation & Community Services**

In order to accommodate
everyone, please contact

Frances Caron

to reserve your spot!

Phone: 562-430-1073

E-mail: fcaron@ci.los-alamitos.ca.us

Walk-ins welcome.

29th ANNUAL LOS ALAMITOS
RACE ON THE BASE

2★27★2010



See the pool you will
race in!
Ask last minute
questions & answers!

LOS ALAMITOS

RECREATION &
COMMUNITY
SERVICES

**Long Beach Spine &
Rehabilitation**
Chiropractic Health Center

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