

HUDSON VALLEY TRIATHLON CLUB



Gift Certificate

for _____

from _____

You are entitled to one hour of personal instruction with

Triathlon coach Mark H. Wilson

IRONMAN/ITU TRIATHLON WORLD CHAMPIONSHIP COACH

FOUNDER/PRESIDENT HUDSON VALLEY TRIATHLON CLUB

In one of the following disciplines

Swim

Bike

Run

Nutrition

Weight Training

Contact Mark to arrange your appointment: 845-679-8602 mark@hvtc.net

370 Coldbrook Road, Bearsville, New York 12409