

**2007**

Whether just getting started or looking to stretch your boundaries, the Merritt Tri Club can help you meet your goals. Coaches Kevin Joubert and Mimi Somerville are experienced in helping a wide range of people get prepared for triathlons, whether it is their first or their 50th.

**Coaches**

Kevin Joubert has been certified by USA Triathlon as a triathlon coach for three years. His specialties are swim technique and season planning.

Mimi Somerville has been a Cycle Reebok certified spin instructor for years. Her specialties are motivation and in workout fueling.

**Practices**

Monday evening workouts are a 1 hour swim workout  
6:45-7:45 pm

Thursday evening workouts are 45 minutes swim sessions followed by 45 minutes of bike starting at 6:30 pm.

For more information contact:

Tory Stewart, [vstewart@merrittclubs.com](mailto:vstewart@merrittclubs.com), 410-821-0160

**Prices**

Members

\$30/Month

Punch card (10 times) \$50

Drop-in fee \$7

Non-member

\$40/month

Punch card (10 times) \$70

Drop-in fee \$10

**Tri Club**

*Registration Form 2007*

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Membership# \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/Cell \_\_\_\_\_

Please drop off or mail in to:

Merritt Athletic Clubs Towson

8757 Mylander Lane Towson, MD 21286

**Waiver**

I acknowledge and accept the risks inherent in the use of the Merritt Athletic Club's services and facilities, including participation in any birthday party or club rental. The undersigned assumes the sole risk if injury, accident, death, loss, cost or damage to his or her person or property which might arise from the use of Merritt Athletic Club's services and facilities. The undersigned further agrees that Merritt Athletic Clubs, its instructors, employees, servants, and agents, shall not be liable to the undersigned for any claims, demands, injuries, damages, actions, or causes of action whatsoever to the undersigned's person or property arising out of or in connection with the use of the services and facilities of the Merritt Athletic Club, and further including any pre-existing physical condition or impairment.

The undersigned, his or her heirs, personal representatives, executors, representatives, and assigns do hereby release and discharge Merritt Athletic Club, its instructors, employees, servants, and agents from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of the club, its servants, instructors, agents, or employees. The undersigned further agrees to abide by all policies and procedures of Merritt Athletic Club and, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date