

## Mission Statement

Team BEAST is dedicated to enthusiastic people interested in being healthy and happy through exercise, social interaction, and community involvement.

**Most importantly you will belong to a supportive group of enthusiastic and dedicated people who are focused on having fun while training and getting into shape!! And we won't make fun of you for spending countless hours in spandex or speedos!**

### By joining you will receive:

- Free Team BEAST t-shirt with new registration
- \$15 Running Wild gift certificate with new registration
- Access to our Yahoo group website and email
- Access to our Members ONLY Facebook page
- Access to Team BEAST apparel including sweatshirts, dri-fit shirts and Pactimo race clothing



### Events we sponsor:

- Host to the Beaster Bunny 5K
- Host to the Burlington Area Youth Triathlon
- Planned social activities

### Other benefits from our sponsors:

- 10% off parts, accessories, and labor with free installation and fitting on all bikes at Nick's Cycling & Fitness.
- 10% off MSRP on all new bikes purchased at Nick's Cycling & Fitness.
- 10% off all parts and accessories with free installation on all Bickel's bicycles, both new and used, at Bickel's Cycling & Fitness
- Free Basic Bike fitting at Bickel's Cycling & Fitness on all Bickel's bicycles, new & used (\$85 value, which can be applied toward a Body Fit or Size Cycle Fit)
- 15% off at Running Wild, shoes, clothing and socks
- XTERRA Wetsuit discounts
- Yoga for You classes offered at a reduced rate of \$10.00 per class on a Drop In basis and \$10.00 discount on monthly fees.

### Other local activities:

- Periodic group swim practice sessions at the YMCA pool including opportunities for swim technique instruction and videotaping, individual feedback from experienced swimmers, and sample workouts
- Free youth membership with parental membership
- Meet other team members for spin class

### Other Member Events and Activities:

- Seasonal group bike rides on Tuesday nights leaving from Younkers at 5:30pm
- Wednesday and Friday morning group runs leaving from the YMCA at 5:30am, weather permitting
- Mentorship and coaching to those who request it

<http://greatrivermedical.org/team-beast>

**CONTACT our MEMBERSHIP DIRECTOR for Questions**

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**Burlington  
Endurance  
Athlete  
Sports  
Team**