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Asuris and REI to present free triathlon clinic

(Spokane) – Planning to compete in a triathlon this summer? It's not too late to get started on your training, but you need to have a plan.

To help women make that plan, Asuris Northwest Health and REI will present a free triathlon training clinic Wednesday, April 11 from 6:30 to 8:30 p.m. at REI, 1125 N. Monroe.

Featured speaker Marla Emde of Emde Sports will discuss equipment needs, training programs, nutritional requirements and clothing, and will answer questions to help women prepare for the Valley Girl Triathlon in July and the new West Plains WunderWoman Triathlon in August.

Space is limited at this informational presentation, so please call (509) 228-6016 to register for the clinic.

About Asuris Northwest Health

Based in Spokane, Asuris Northwest Health offers a full range of health care coverage options, including dental and vision coverage, for Eastern Washington employers and individuals. Asuris also offers Medicare supplemental plans and Medicare Part D prescription drug coverage, and provides member access to more than 19,000 health care providers. For more information, visit the company's Web site at www.asuris.com. Asuris Northwest Health, a not-for-profit health plan, is a subsidiary of Regence BlueShield, a leading health plan in Washington.