

# Triple Threat Training Summer Marathon Workout to benefit the Longmont Humane Society

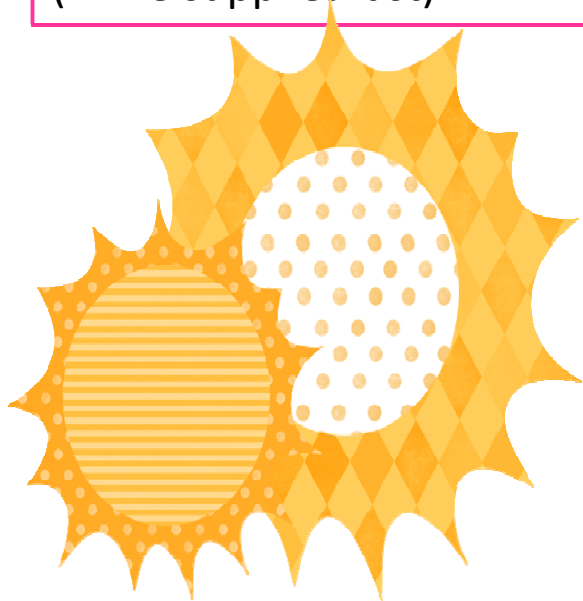
When: **August 21, 2010, 9:00 AM until 11:30 AM**

Where: TTT Studio, Meadowview Village, 600 S. Airport Rd.

Why: To Celebrate Summer and Benefit LHS

Cost: \$25 (Some proceeds to benefit LHS)

Donate dog/cat food and/or supplies and receive a TTT shirt  
(while supplies last)



After your workout stay and refuel with TTT.  
There will be refreshments and prizes.  
Check out some of the available pets from the LHS.

For more information contact Amy (303) 482 – 6557, or  
[www.triplethreattraining.org](http://www.triplethreattraining.org)  
REGISTER TODAY TO SAVE YOUR SPOT!