



For the first time ever, Ironman Triathlete and multiple time marathon race finisher, Lois Tiedemann has put together a South Orange County & Virtual Running/Fitness Club Membership that can support YOU and your fitness goals!

TRANSFORMATIONAL SUCCESS RUNNING CLUB **MONTHLY SUBSCRIPTION/MEMBERSHIP**

Become a Charter member and receive, at minimum, the following benefits:

- Be a member of a private coaching yahoo group with personal access to other members and Coach Lois 24/7
- **Weekly group runs** in and around South Orange County (one week day evening – more as group grows)
- Monthly **cross training** opportunities with Lois and her fitness partners (outdoor cycling, yoga, pilates, core workouts, swimming, hiking, triathlon)
- Have access to Lois Tiedemann's unique rolodex of support contacts/system in her growing **International running/health & fitness community**
- Receive 40% off of all training/fitness programs for lifetime of membership: to include **5k/10K training, half-/full-marathon training** programs, [Mt. Whitney climbs](#), etc. (savings range from \$32 to thousands of dollars = unlimited valued!)
- Receive 30% off of one-on-one coaching with Lois and monthly personalized running programs for YOU to meet your own personal goals!



- **Weekly e-mail tips** on health/fitness
- Opportunities for **weight loss/nutritional supplementation** education
- Receive **discounts** to other programs/services (shoe stores, triathlete stores, subscriptions, etc)
- Receive preferred access to Lois through your membership – above any members of her massive fitness database of thousands
- **FREE coaching tools, clinics/workshops, guest speakers** and eBooks on Lois' personal training routine, time management, health/wellness, and more!!
- Monthly socials and networking with fellow athletes
- AND, did we say, lots of fun?!?!?
- Get in at the ground level of all of the future offerings of the Transformational Success Team!

INVESTMENT: \$25/month for the first 100 charter members!

Contact Lois today at 949-940-0399 or Lois@TransformedTriathlete.com to join