Almaden Valley Athletic Club® Announces its Annual TriAVAC Family Event

A swim, bike, run and fitness festival for families.

SAN JOSE, Calif. (PRWEB) January 24, 2019 -- The Almaden Valley Athletic Club® (AVAC®), today announced its upcoming TriAVAC event as Saturday, February 9, 2019. This annual community event promises a unique family day full of races, swim, food and fun for all ages to enjoy. TriAVAC features an introductory-level race perfectly suited for novices as well as veterans looking for a pre-race season warm-up. TriAVAC’s goal is to spread the importance of movement and health while donating proceeds to the Cambrian School District’s Physical Education, Food Science, and Nutrition Program Departments.

TriAVAC is organized into four specific events: An adult race of 400-yard swim in AVAC’s outdoor swimming pool, 5-mile bike ride on spinning bikes, and 2-mile neighborhood run. For ages 11-14 there is a junior race with a 200-yard swim, 3-mile bike, and 1 mile run. This season will also include a Kids Splash & Dash (10 & under) and a Kids Duathlon (2 – 5 years.) In the past, the race has drawn over 150 competitors each year, including world-class athletes such as Becky Gibbs, Pete Kain and Shari Kain. The race is open to all ages and fitness levels including professional athletes to beginners interested in the sport and families that wish to train together.

“AVAC® introduced its first TriAVAC event in 1983 to meet its members’ growing interest in the sport,” said Jeff Griffith-Jones, GM of AVAC®. “Since its inauguration, TriAVAC has been a local favorite. We enjoy bringing it back to the community each year and encourage everyone to participate.”

In addition to race events, TriAVAC will also feature raffle prizes, gift cards, goodies and various community vendor booths. “We love opening our doors to neighbors and friends every year to celebrate and give back to our community for their continued support,” said Jeff Griffith-Jones, GM of AVAC®. “We want to expose fitness and healthy lifestyles to all ages and demonstrate how easy and fun it is to get fit and stay healthy.”

To learn more about TriAVAC, please visit http://www.avac.us/triavac.

About the Almaden Valley Athletic Club®
The Almaden Valley Athletic Club®, (AVAC®), is the Bay Area's premier, award-winning family facility offering total health, fitness and wellness programs for all ages including adults, children and seniors. AVAC's resort-style facility features luxurious locker rooms, Pilates, swimming, tennis and social activities as well as a secure Child Care facility with programs for infants through school-age children. Its spacious AbsoluteFIT class studio features bootcamp-style fitness classes for all ages. The 8,500-square foot Fitness Center offers interactive Matrix treadmills, stair climbers and rowers. Certified instructors and personal trainers teach group classes and one-on-one training. AVAC has one of the largest swim schools in the United States with a retractable roof teaching pool for year-round swimming lessons and a 25-yard outdoor swimming pool. Winner of the coveted USTA Club of the Year award, AVAC hosts a year-round Tennis program for adults and junior players with 9 lighted championship Tennis courts and 5 dedicated Pickleball courts. For more information, please visit http://www.avac.us.
Contact Information
Jeff Griffith-Jones
Almaden Valley Athletic Club®
http://www.avac.us
+1 (408) 445-4900

Jeff Griffith-Jones
Almaden Valley Athletic Club®
http://www.avac.us
408.445.4900

Online Web 2.0 Version
You can read the online version of this press release here.