

Our **next meeting** for the Hendersonville Endurance Athletic Team is this **Sunday, April 3, 2005 from 3:30 until 5** at the Sumner County YMCA in the multipurpose room. Our guests this month are Terry Coker and Robert Eslick from Team Nashville. Many of you already know them from your dealings with buying shoes etc. They have many years experience in running and training others. As we get ready for the race season, I am sure these seasoned athletes will have plenty to share about their experiences. I hope you all will be able to meet and BRING A FRIEND. We will be talking about running specifically, so if you have someone (or yourself included) that are just interested in the running part, then you will want to come and bring them too.

HEAT (Hendersonville Endurance Athletic Team) is open to everyone who is interested in physical fitness in any or all of the sports of swimming, running and biking.

Check out our website and thanks to Dieter for his help in making it a great site. [www.triheat.com](http://www.triheat.com)

See you Sunday  
Mark

p.s. we will not have a meeting for May since many of the team will be in Florida for the Gulf Coast. So try to make this meeting, we would love to see you.