

Get Buff to Earn your Buff

As the new year rolls in we want to help you achieve your fitness goals and give you an incentive to keep working on become the best you can be! We can up with a little “game” to help you. The Prize is a custom Tri Faster Buff (valued at \$20). A Buff is a long tube-shaped piece of fabric that can be worn 17 different ways! To earn a Buff you must reach 20 points between Feb. 8 and March 31. You can earn more than one Buff, or you can use your points to help you save on the purchase of a Buff.

You will be earning the points on the honor system. Once you know you completed a task, then fill in the chart when appropriate

Below is the Table of Tasks you can do you help you earn your Buff.

Task	Points worth	Points Received	Date(s) achieved
Attend any Tri Faster Class	+1 per class		
Bring a New Friend to Class (Let Coach Lauren know before class)	+2		
New Friend Signs up for Team Tri Faster*	+3		
New Friends Signs up for any Tri Faster Class*	+3		
Volunteer for Local Event	+2		
Volunteer at Luck of the Irish Run (Mar. 25)	+3		
Wear Tri Faster Apparel and post a picture to Social Media	+1 (max of 4 posts)		
Get a Tri Faster Tattoo 😊	+5 BUFFS!!!		
Total Points:			

Friends must be new to Tri Faster

Once you have Received your 20 points please Email a Picture of the chart to shark@trifaster.com, OR you can mail the chart to S74W12971 Courtland Lane Muskego, WI 53150, OR give the chart to Lauren at a Tri Faster Class.