



CHERISH OUR CHILDREN INTERNATIONAL

P.O. Box 540007
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866-400-6865
www.cherishourchildren.org

Introduction

My First Triathlon™ /COCI Training Program

My First Triathlon™ has teamed up with COCI because we support their mission, "*For all children to be loved, honored, nurtured, educated and protected in a family environment.*" Join our official charity training team, "**Team COCI**" to help children and get ready for the triathlon! Team COCI has swimming, biking and running clinics, weekly group training events and a step-by-step 12 and 8 week programs to get you ready for the triathlon and support children through fundraising. To find out more, go to www.cherishourchildren.org and click on news or contact jcjwest@houston.rr.com to join the COCI team.

