

Finger Lakes Triathlon Clinic

WHEN: Sunday September 7th, 9:00am

WHERE: Next to Kershaw Park

COST: FREE! (Thanks to Park Ave Bike Shop!)



Please join us for this *working* triathlon clinic! Bring your wetsuit, bike and running gear. Learn the ropes for the upcoming Sept 21st Finger Lakes Triathlon (Canandaigua, NY) Please park at Steam Boat Landing restaurant and walk over near the coffee shop parking lot (water launch area). Everyone is welcome to join!

Questions or comments should go to: douglas.mauro@gmail.com

AGENDA

SWIM (est 1 hour)

- Open water swim drills (mass starts and buoy turns)
- Getting In/Out of the water faster! Dolphin dives
- Transitioning out of a wetsuit

BIKE (est 1 hour)

- Getting a good bike fitting and sizing
- Getting On/Off the bike faster! Shoes in the clips
- Short course group ride (and/or long course if people want)

RUN (est 40 min)

- Group run through short course



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