

FINGER LAKES TRIATHLON



NEW 3 Triathlon Clinics

Sponsored by **Park Ave Bike Shop** and hosted by the captains of the **Park Ave Bike Multi Sport Team**

Please join us for this working triathlon clinic! Bring your wetsuit, bike and running gear. Learn the ropes for the upcoming Sept 11th Finger Lakes Triathlon (Canandaigua, NY).

Park at Steam Boat Landing restaurant and walk over near the coffee shop parking lot (water launch area).

Everyone is welcome to join!

Free Clinics - Just show up No sign-up needed

Paid Clinics - Visit: <http://goo.gl/sCqnS>

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 2 hour)

- * Getting a good bike fitting and sizing
- * Getting On/Off the bike faster! Shoes in the clips
- * Short course group ride

RUN (est 50 min)

- * Group run through short course



Mary M. Gooley Hemophilia Center

Questions or comments go to:
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Douglas R. Mauro
Park Ave Multi Sport
Team President

<http://parkavebike.blogspot.com/>

- Adult - Sun Aug 28th 9-12PM
 - Sprint Course
 - FREE
- Adult - Sat Sept 3rd 9-1PM
 - Cost: \$30
 - Limit: 25 People
 - Sprint Course
 - (other if majority chooses)*
- Kids - Sun Sept 4th 8:30-10:30AM
 - FREE

