

# Triathlon 101

Register  
**TODAY**

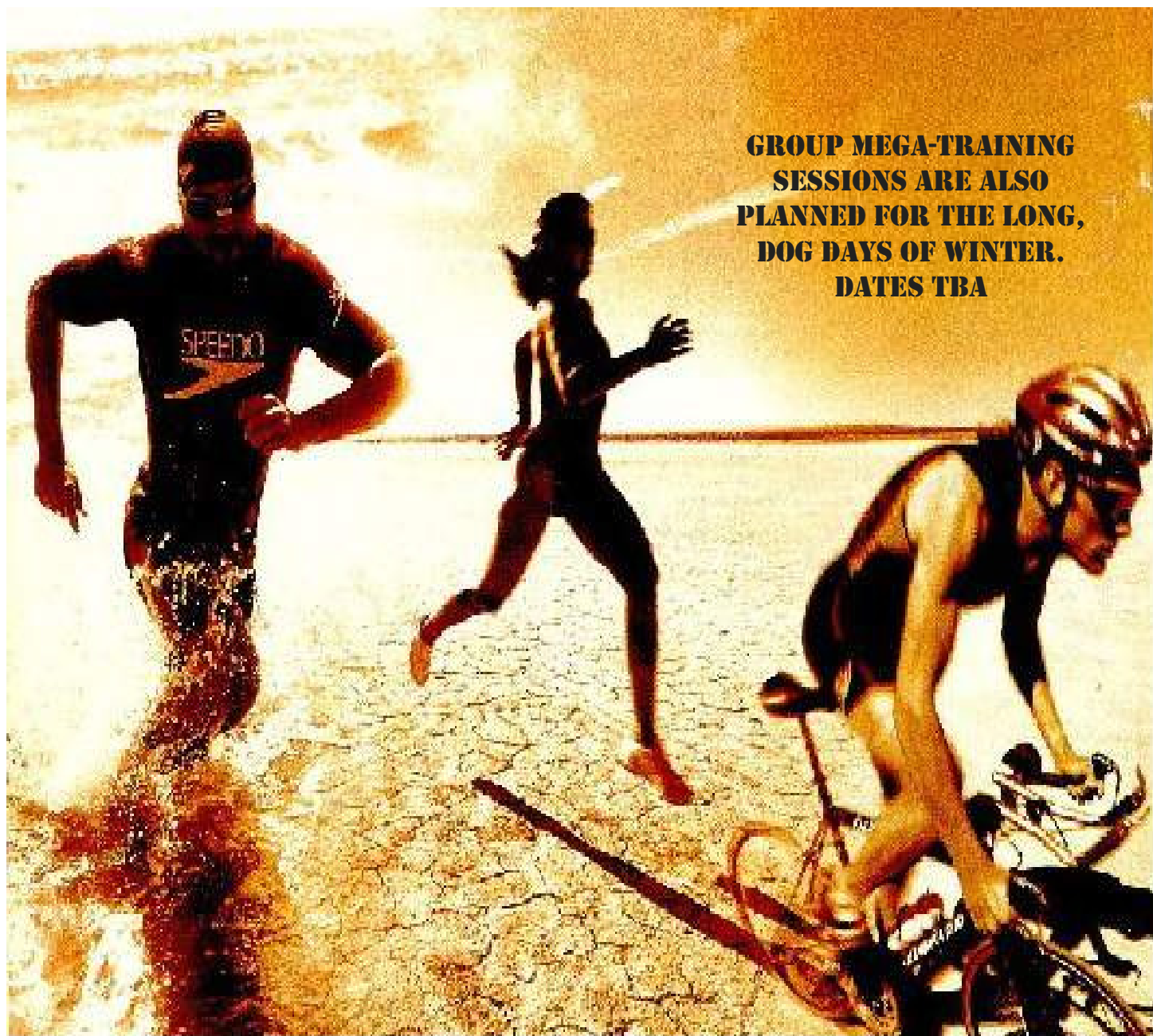


Presents:

## TRIATHLON 101!

Whether you are planning your first race this Summer, or you are looking to learn some tips and tricks from seasoned triathletes, this clinic is right for you. For only \$30, you will learn all about the following:

- Triathlon Rules
- Open Water Swimming
- Triathlon Equipment
- Roadside Bike Mechanic Tips
- Race Day Strategies
- Training Tips and Tricks
- Triathlon Etiquette



**GROUP MEGA-TRAINING SESSIONS ARE ALSO PLANNED FOR THE LONG, DOG DAYS OF WINTER. DATES TBA**

*Learn from Experienced Professionals*  
**Jennifer Amaral, Elite Triathlete, Triathlon Coach**  
**Dr. Stephen Connor, Ironman Triathlete, Running Coach**

Sunday  
January 29th, 1-4pm  
Inside the Cyclepath store in Oakville

Register in-store or by email at:  
[jenamaral1@gmail.com](mailto:jenamaral1@gmail.com)



Presented By:



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