

## **Women's Only First-Timer's Race Day Prep and Transition Clinic in Strathmore**

- Tips for reducing the stress for the Strathmore Women's Triathlon.
- Learn about how a transition works (swim to bike and bike to run).
- Tips on what to bring, what to wear and what to eat.
- An overview of triathlon rules and their purpose will be discussed.
- The course lay-out for the "Strathmore Women's Triathlon" will be reviewed.
- Answers to many of your triathlon questions!

**When:** Thursday, August 7th - 6:30 - 8:30 p.m.

**Where:** Strathmore Aquatic Centre, 130 Brent Blvd., Strathmore

**Instructor:** Deanne Jabs, NCCP level 1 coach, Technical Delegate for the ATA, Race Director and Organizer of the Strathmore Women's Triathlon, over 20 years of triathlon experience

**Fee:** \$20 (payment 15 minutes before clinic) - a portion of the clinic proceeds will be donated to a Women's Charity

**Capacity:** 40 women

How to register: email [leapingdog@shaw.ca](mailto:leapingdog@shaw.ca) before August 5th to secure your spot. No drop-in's thank