



Tri Connect

Tri Training Workshops

Photo courtesy of Action Sports International



tahoosouth.com



Swim Clinic

Saturday

August 20, 9-10:30am

\$18

Need some skills for open water swimming? Nervous about wearing a wet suit? This clinic provides skills, tips, and techniques on how to swim in the open water and actually enjoy it!

Tri Interval Speed Clinic

Saturday

August 27, 9-10:30 am

\$18

This clinic perfectly completes your tri training program. Training coaches are on hand with interval workouts for each discipline. Timed transitions are included! This clinic is the mini-tri before event day.

Tri Circuit Workshop

Saturday

Sept. 17, 9-11am

\$35

Station 1: Meet at LTCC to learn how to set up your stage area for event day. Learn secrets and short cuts on equipment and gear. Also learn the fastest way to change your tire and tune-up your bike from on-site mechanics.

Station 2: Sponsored by Barton Health, top sports medical experts talk about injury prevention and nutrition preparation for race day. Barton's Physical Therapy staff will be on-site for live demonstrations and hands-on performance tips.

***Added bonus:** Participants are invited to an open water swim with former triathletes immediately following the Tri Circuit Workshop.

Registration Information

1. Email completed form to: waskiewicz@ltcc.edu
2. Call 530.541.4660 x718
3. In person — LTCC Instruction office
8am– 4 pm



Mark your calendar

Lake Tahoe Iron Girl — Sunday, Sept. 18
Register now www.irongirl.com

First Name		
Last Name		
Date of Birth		
Email Address		
Phone Number		
Mailing Address		
Payment Info	Cash <input type="checkbox"/> Check <input type="checkbox"/>	Credit card no: Type: Expiration: Three digit code:

Pick a Category

- Swim Clinic
\$18
- Tri Interval Speed Clinic
\$18
- Tri Circuit Workshop
includes open water swim
\$35
- All Three!
\$59
Special Package price includes
FREE Iron Girl Tri Training Belt.

Total: _____