



"It's all about the swim, bike, run..."

BLACKLAND TRIATHLON BIKE/RUN CLINIC

Saturday, August, 28th 4:30-6:00pm
Griffin Park Middle School (3703 Eldorado, Between Legacy and Teel)

Please Bring:

Bike
Helmet
Water
Cycling Shoes (if applicable)
Running Shoes

What Should I Expect?

We will discuss bike safety, how to pass during a race, proper helmet position, bike gears, practice transitioning, discuss running technique

Ages 7-10: Bike ride around school (volunteers on site for safety) 2-3 miles, 0.5 mile run on track

Ages 11-13: Bike ride around school 5-6 miles, 1.0 mile run on track.

***ALL CHILDREN MUST HAVE PARENTAL CONSENT FOR TRAINING AND MUST HAVE SIGNED WAIVER TO PARTICIPATE IN CLINIC.**

Pre registration is required: Contact Coach Marcia to save your spot
214-893-0271 or Marcia@friscotriathlonclub.com