

# Finger Lakes Triathlon Clinic

**WHEN:** Sunday August 27th, 7:00am

**WHERE:** Next to Kershaw Park

**COST:** FREE! (Thanks to Park Ave Bike Shop!)

Please join us for this *working* adult and kids triathlon clinic! Bring your wet suit, bike and running gear. Learn the ropes for the upcoming Finger Lakes Triathlon (Canandaigua, NY) Please park in the public parking lot near the lake next to the new hotel construction (formerly Steamboat Landing) - this is where the transition area will be for the triathlon. Then walk to the non-motorized boat launch area (where the swim course will be) near Twisted Rail Brewery (formerly Muar House Cafe). Everyone is welcome to join! Please send along any questions or comments to [douglas.mauro@gmail.com](mailto:douglas.mauro@gmail.com)

## Adults Agenda (7:00AM)

Open discussion on race, course and overall format

- **Swim:** Open water swim drills
- **Bike:** Short course group ride
- **Run:** Group run through short course
- **General Q/A**

## Kids Agenda (11:00AM)

Open discussion on race, course and format for kids.

- **Swim:** short swim in shallow waters to get used to waters
- **Bike:** mini course setup
- **Run:** mini course setup
- **General Q/A for kids and parents**



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**FINGER LAKES TRIATHLON**  
CANANDAIGUA, NEW YORK

