

Finger Lakes Triathlon Clinic

WHEN: Saturday August 25th, 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 RSVP to thomas.wilmarth@rochesterregional.org

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**



2900 Monroe Ave
Rochester, NY 14618
585-381-3080
Fax: 585-381-3312
Info@ParkAveBike.com

Henrietta Store
600 Jay Scutti Blvd
Rochester, NY 14623
585-427-2110
Fax: 585-427-2113

www.parkavebike.com

www.fingerlakestriathlon.com

FINGER LAKES TRIATHLON
CANANDAIGUA, NEW YORK

