

# 2017 PICKERING RUNNING ROOM SPRINT TRIATHLON CLINIC



When: Thursday April 20, 2017 to Saturday June 24, 2016

Where: Pickering Running Room 1450 Kingston Rd, Pickering, ON L1V 1C1 (905) 420-4868

## What to Expect:

Join the wave of one of the fastest growing mass participation sports in North America. Need a change from just running? Triathlon is great on its own or as fun cross training. Also a great opportunity to improve your swimming and biking. No previous experience required.

Sign up in store

or at [2017 Pickering Running Room Triathlon Clinic Registration](#)

All aspects of Triathlon will be covered from "Beginner to Finisher". Introduction, training plans, equipment, clothing, training principles for swimming, biking, and running, transitions, nutrition, injury prevention and finally race preparation and the race. Curriculum will be based on participants signing up from beginner to those moving toward the Olympic distance or longer. No previous experience required. Goal race is the Rose City (Welland) Triathlon June 24, 2017 with either the Triathlon (750m Swim, 20 km Bike, 5.0 km Run) or Give-It-A-Tri (400m Swim, 10km Bike, 2.5km Run). Also included are variations including swim/Bike, swim/run, and Duathlon(run/bike/run). If you want to stick around, there are long course events on the Sunday. If you can't make this race, there are others, pretty well every weekend though out the summer in southern Ontario. Clinic will include a race simulation day where you will get to practice in a great setting including the open water swim.

Are you ready for the Challenge?

Clinic is Thursdays at 7:00 pm at store

## Other important Nights

Monday Bike from Store 7:00 pm

Wednesday Swim at Pickering Recreation Complex Pool 8:00 – 9:00 pm

Costs: \$79.99 plus tax Repeat Participant: \$69.99 plus tax

Swim Costs - Pickering Recreational Complex - Adult Single \$3.76; 10 pass \$31.86;  
3 months \$77.88; annual \$175.22 (All of these + HST)

Special rate with Pickering Master Splashers TBA

### What You Need:

Swim - Bathing suit & goggles. A triathlon wetsuit is encouraged for the open water swims i.e. simulation and race, but not required. This item can be rented for a weekend or two if desired.

Bike & helmet – Almost any bike will do as long as it is safe. Although you can use a mountain bike, a road/tri bike would be preferred.

Run – The usual. Shoes, socks, shorts, etc.

### From the Past



Peterborough Sprint 2012



Peterborough Sprint 2013



Race Simulation Pepperlaw 2015

For More information please email [triathlon@pickeringmastersplashers.com](mailto:triathlon@pickeringmastersplashers.com)