

Winter Triathlon - Mtn. Biking & Running on Snow



Date(s): Saturday, January 2nd, 2010

Location: Jeremy Ranch/East Canyon Access Road – see map below.

Time: 1:30-2:30PM

Description: Come learn more about the growing sport of Winter Triathlon. Wasatch Area Race Productions and The BASH Winter Triathlon (www.bashwintertri.com) will be conducting a basic/beginner Winter Tri 101 clinic that will focus on the aspects of mountain biking and running on snow. New to the sport of Winter Tri...don't worry, this clinic is for YOU! This will be a hands-on learning process, so be sure to bring your mtn bike and running shoes, it will be a blast!

Schedule:

- **1:15 to 1:30PM** – Check in, welcome, get gear out of car
- **1:30 to 2PM** – Mtn biking gear & tips, transitions, running gear & tips.
- **2 to 2:30PM or so** – Practice mtn biking & running on snow, bike/run as much or as little, as slow or as fast as you wish.
- **After Clinic** – WARP will also be on hand to conduct on-site registrations for BASH during the clinic.

Mtn Bike Rental Shops:

- *Jan Sports - Park City* - www.jans.com/biking.html
- *Canyon Sports – Sandy/Ogden* - www.canyonsports.com/bikes.html
- *White Pine Touring - Park City* - www.whitepinetouring.com/rentals.jsp
- *Wasatch Touring - Salt Lake* - www.wasatchtouring.com/rentals.html

Driving Directions:

Desert Sharks Winter Triathlon Clinic

Jeremy Ranch/East Canyon Access Road

