

Desert Sharks Winter Triathlon 101 Clinic



Date: Saturday January 19th 2008

Location: Jeremy Ranch/East Canyon Access Road

Time: 9-11AM

Description: Come learn more about the growing sport of Winter Triathlon. The Desert Sharks Triathlon Club in association with Wasatch Area Race Productions and The BASH Winter Triathlon (www.bashwintertri.com) will be conducting a basic/beginner Winter Tri 101 clinic. Winter Triathlon is just that...a Winter Multisport event that consists of running, mountain biking, and cross-country skiing (in that order) - all performed on the packed/groomed XC ski trails. It is a perfect way to learn new sports, improve your base fitness, and expand your skills as a multi-sport athlete during the off-season. 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 rent some skis and come prepared to have lots of fun. From skate ski instruction to practicing transitions...all aspects of the sport will be covered. To learn more about The Desert Sharks Triathlon Club, Utah's oldest and largest multisport club, visit them online at www.desert-sharks.com.

Schedule:

- **8:45 to 9** – Check in, welcome, get gear out of car
- **9 to 9:10** – Winter Tri running shoe review and tips
- **9:10 to 9:20** – Winter Tri biking gear and tips
- **9:20 to 9:30** – Transitions
- **9:30 to ~11AM** – Cross Country ski instruction & practice
- **After Clinic** – Participants are welcome to try out running and mtn biking on their own after the skate ski instruction part of the clinic ends. WARP will also be on hand to conduct on-site registrations for BASH during the clinic. Each person that registers that day will receive a free technical running hat and a \$10 registration discount for this Summer's BAM Triathlon.

Ski & 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
- **REI East (no mtn bikes) - Salt Lake** - www.rei.com/rentals.html

Driving Directions:

