

Desert Sharks Winter Triathlon 101 Clinic



Date(s): Saturday, December 13th & 27th, 2008

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

Time: 10AM-12PM

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 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! 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:

- **9:45 to 10AM** – Check in, welcome, get gear out of car
- **10 to 10:10AM** – Mtn biking gear & tips (have your bikes with you).
- **10:10 to 11AM** – Practice mtn biking on snow, bike as much or as little, as slow or as fast as you wish.
- **11 to 11:10AM** – Transitions
- **11:10 to 11:20AM** – Running gear & tips
- **11:20 to ~12PM** – Practice running on snow, 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. Each person that registers that day will receive a \$10 registration discount for this Summer's BAM Triathlon (www.bamtriathlon.com).

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:

