



UAR Beginner Triathlon Program 2018

- Begins March 11th and continues until May 13th
- “Graduation Race” May 13th at Springboro YMCA, 7:00 am start.
- Informational meeting February 28th, 6:30pm, at Up and Running in Dayton

Training:

Swim

- Sunday afternoons, 4-4:45pm at the Coffman YMCA in Springboro with Jeni Noga, United States Masters Swimming Level 2 Certified Coach
- Assessment for all Athletes on March 11th
- Optional Masters swim practice at West Carrollton YMCA Monday, Wednesday and Friday mornings from 5am-6am (must be able to swim 1500 yards in 1 hour, USMS membership required)

Bike

- Monday nights 6pm, indoor spinning at UAR with Heidi Riffle, Team Dayton Asst Team manager
- Outdoor cycling on Monday nights begins when weather permits
- You must wear a helmet and carry identification/ICE contact when riding with the group outside

Run

- At UAR Tuesday nights, 6pm, and Saturday mornings, 8am. All paces and distances available

Additional items included in the program

- Bike maintenance clinic
- Transition clinic
- Race entry fee included
- UAR swim cap and technical shirt
- Open water class in June, date TBD
- The support of experienced triathletes and lots of FUN!

Payment of \$100 can be done in store or online. Checks payable to **Up and Running**.

Release of Liability—READ BEFORE SIGNING: In of the acceptance of my entry, I hereby waive, for myself, any executors, administrators and assignees, all claims of any nature arising from my participation in the Up and Running Beginner Triathlon program, and do thereby release whatsoever arising from any participation in this event. I attest and verify that I am physically fit and understand the risks for the program.

Name _____

Email _____

Phone _____

Shirt Size: S M L XL