

Tri for Evan Triathlon Clinic

Date: May 23rd

Location: Elbow Valley

Cost: FREE

Prerequisites: Registered for Tri for Evan 2020 event, 1 previous triathlon or a New to Triathlon Clinic at Tri It Multisport in 2020

Join the experts from Tri It Multisport for this 90 minute clinic that will review the Tri for Evan triathlon course. We will go over setting up for the race, warming up, open water skills such as sighting, and more! We will also review transition and strategies for the Tri for Evan race course and close out the clinic with a Q & A session.

Equipment needed:

-wetsuit

-goggles and cap

-bike

-helmet

-running shoes

Registration details to come.