

## **General Info: Youth and Family Triathlon Race and Clinic**

### **Youth and Family Triathlon Race**

The annual Murray City Youth and Family Triathlon will be held on **Labor Day, Sept. 1, 2008**. The course this year will use the outdoor pool to the east of the Park Center. Bike and run courses will follow a similar route to last year, but may vary slightly. Look for course maps at [www.greatbasincoaching.com](http://www.greatbasincoaching.com). We'll also have water and fruit at the finish line this year! And, we're working on a little entertainment to help keep the "kids" interested until results are out.

### **Registration 2008**

The **deadline** for registration without a late fee is **Monday August 25<sup>th</sup> at midnight**. Online registration will remain open until Thursday, Aug. 28, but there will be a late fee. Register at [www.mcreg.com](http://www.mcreg.com) or print a race application from the race website, [www.greatbasincoaching.com](http://www.greatbasincoaching.com) and mail it in (**mail-in applications** must be received by **August 26 if you want to be guaranteed a t-shirt on race day; all late registrants will pick up t-shirts at the recreation office approximately one week after the race- awards and t-shirts will not be mailed to participants**). Athletes can also register in person at the Sunday night meeting, but late fees will increase by \$5-10.

### **Medals and Ribbons**

The race is open to all ages. All finishers receive a medal and the top three in each age group receive a ribbon. If athletes leave prior to awards, all medals and ribbons can be picked up at the Murray Parks and Recreation office later in the week. If you are from out of town, make arrangements concerning awards etc. with Jo.

### **Youth Clinic-Ages 7-14: \$20**

We will offer a youth clinic from **8:15 AM-1PM on Friday August 15 at Murray Park**. Meet at Pavilion #5 at 8 AM sharp. We'll run a beginner and an advanced group, as well as make every effort to organize children according to age. Those new to triathlon will work on basic skills in all three sports plus transitions. Advanced athletes will hone their skills and look for faster times. We'll review the racecourse with everyone. The clinic includes a "swag bag", 1-year USAT license, 4.5 hours of coaching plus a snack and Gatorade break (see youth clinic schedule for specific timeline). You may register children for the clinic at [www.sportsbaseonline.com](http://www.sportsbaseonline.com), or print an application from the race website, [www.greatbasincoaching.com](http://www.greatbasincoaching.com). All mail-in applications must be received by Thurs. Aug. 14. If your child is a USAT member, we'll credit you \$5 towards the race.

### **Adult Clinic-Ages 15 and up: \$25**

We are also offering an adult clinic this year, primarily aimed at beginner and novice triathletes. The clinic is a two-part clinic, 2.5 hours per evening, and will be held on **Aug. 7 and 14, from 6:30-9 PM**. Participants meet at 6:15 PM at Pavilion #5. Adults will work on skills in all three sports plus transitions. We'll cover basic nutrition principles and inspect and adjust bike fits as much as possible. We'll also use video analysis on the run and the swim portions of the clinic. Participants will get a "tour" of the Murray race course as part of the bike skills session. The clinic includes a "swag bag", USAT one-day license, and 5 hours of coaching. You may register for the clinic at [www.sportsbaseonline.com](http://www.sportsbaseonline.com) or print an application from the race website, [www.greatbasincoaching.com](http://www.greatbasincoaching.com) and mail it in, but it must be received by Wed. Aug. 6.

### **Volunteers!**

If anyone wishes to volunteer, please let me know either by e-mail or by phone at 557-6844. We need approximately 35-40 volunteers.