



TRIKIRK COACHING

presents

“T-Times”, A Transition Clinic and Brick Workout

What: A Transition Clinic and Brick Workout. Come prepared to learn and sweat during this skills clinic led by accomplished Professional Triathlete and Triathlon Coach Kirk Nelson (www.trikirk.com)!! You will master everything related to T1 and T2, get a great brick workout, learn about special transition-specific equipment, as well as all the tips and tricks used by pros so you can have your fastest transition times yet! We will finish with a half-hour Q&A session at the end of the clinic to answer any triathlon-related questions you may have. This clinic will equip you with the knowledge and confidence needed to reduce transition times, run better off the bike, and apply brick workout sessions to your training program. No matter how new or advanced a triathlete, I promise you will come away with several things you can begin applying immediately to your racing and training!! (Equipment list: Bike, helmet, run shoes, bike shoes, race belt, visor, socks, and any special needs items you might have.)

When: 5:00 - 7:30pm, Thursday October 8, 2009 (*Same-day registration also available assuming there is room from 4:30 - 5:00pm on site at Heritage Park picnic tables.*)

Where: Heritage Park, Santa Clarita, CA -- <http://www.santa-clarita.com/cityhall/parks/parks/valenciaheritagepark.asp> for map. Meet at the picnic tables under the shelter.

Who: Triathletes wanting to improve their transition skills, all while getting in a great workout! Maximum capacity of 20 athletes, so sign up soon!

Cost: \$30/Athlete

How to Sign up: Fill out the form below, and mail your check (payable to “Kirk Nelson”) and registration form to me (Alternatively, you can scan and email me your registration form and make PayPal payment to runkirkrun@yahoo.com): Kirk Nelson, 3590 Larkspur Dr, Longmont, CO 80503
Same-day registration also available assuming there is room from 4:30 - 5:00pm on site.

Name: _____

Date of Birth: _____

email: _____

cell phone (or day phone): _____

Signed: _____

Date: _____

Feel Free to contact me with questions!

One-one Personal training and consulting sessions also available by request, including under/above water swim video analysis and treadmill run video analysis, bike fits, strength training, nutritional plans, etc., \$60/hour.

Kirk Nelson
coachkirk@trikirkcoaching.com
www.trikirk.com
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