



## **Complimentary Triathlon Clinics Announced – Mark Your Calendars**

The South Carroll TRI-TO “WIN-THE-FIGHT” Sprint Triathlon is very pleased to announce the 2012 complimentary training clinics “guaranteed” to improve your triathlon training and racing. These clinics are designed especially for you at “no-charge” if, between now and race-day, you easily become one of our “Champion” fundraisers. There’s nothing to lose and everything to gain: comp clinics, upgraded technical race shirt, triathlon training accessories, and an opportunity to win a \$500 Race Pace Bicycles grand prize gift certificate. Now is the time to mark your calendars for these very valuable and highly-rated clinics!!! “Champion” *group training rides* will be scheduled as the weather breaks – look for more details to come.

**To register** for any or all clinics, **simply send an email to: [contact@winthefight.org](mailto:contact@winthefight.org)** and indicate which Clinic(s) # or “ALL Clinics” in the subject line or email body and provide us with your name(s). If you’ve any questions about any of the clinic training series, “Champion” fundraising or the race in general – we’ll be happy to reply promptly to you!

### **Clinic 1: March 10 – “Triathlon Training from A-to-Z: To Finish & Compete”**

**South Carroll Swim Club (Race Host & Sponsor) <http://www.southcarrollclub.com/>**

1900 W. Liberty Road, Westminster, MD 21157

12:00-2:00 p.m.

#### **Clinic Overview:**

This very constructive training preparation session with “take-home” materials will be conducted by a noted and very qualified USA Triathlon Level 2 Coach to provide triathletes with the **“essential knowledge and resources”** and a **“training plan”** to prepare for a solid performance on race day!

- Review of triathlon from start to finish;
- Understand the basic fundamentals and physiology of triathlon training;
- Gain strategies to improve your swim, bike, and run stages & transitions;
- Learn nutrition tips to positively impact training and racing; AND,
- Complimentary detailed 14-week “practical” training program that provides you with a structured plan to easily “finish” or heartily “compete” on race day and much more!

#### **Presenter – Debi Bernardes:**

Owner/Head Coach of [UCanDolt Coaching Group](http://www.ucandolt.com/) – USAT Level 2 Coach, 10x All-American, and World Champion competitor for short course Triathlon, Duathlon, and WTC World Championship events (IronMan 140.6 and 70.3). Debi has coached athletes to podium finishes in all distances of triathlon/duathlon, running, and swimming. Her specialties include running and swimming bio-mechanics and correction, lactate testing, and developing a sound training plan to fit in with the athlete’s lifestyle so that they can achieve their goals. With over 38 years of competitive experience, and over 25 years in coaching experience, Debi Bernardes offers beginners to elite athletes the ability to realize goals and dreams.

## **Clinic 2: April 28 – “Swim to Success” Race Clinic**

**Merritt Athletic Club – Eldersburg (Race Sponsor)** <http://www.merrittclubs.com/>

1388 Progress Way, Eldersburg, MD 21784

3:00-5:30 p.m. (Dry Class 3-4:15; In-Pool 4:30-5:30)

**Clinic Overview:** (Bring: Bathing Suit & Swim Goggles)

This informative triathlon swim training clinic combines same-day “dry/in-classroom” and “wet/in-pool” components that are essential to reinforce and adopt key concepts for **“immediate performance improvement”** and race-day benefits. The unique session features key swim stroke, form techniques, and personal improvement strategies to enhance swimming skills, confidence and performance. Key swim clinic topics include:

- Balance, Propulsion and Timing
- Correct Head Position & Use
- Body Rolling, Balance & Streamlining
- Effective Kick & Arm Use
- Breathing
- Putting it All Together

**Presenter – Maria Carioso-Long:** Fully qualified with an extensive history as a swim-coach, Maria is an excellent “master-swimmer,” open water aficionado and, most importantly – a veteran swim instructor with a life-long love of swimming rated as a very-valued resource by numerous area triathletes. Also available, Maria is teaching classes at the Merritt-Eldersburg – Interested email Maria at [solong5@comcast.net](mailto:solong5@comcast.net)

## **Clinic 3: June 9 – Race Day “Prep” Talk**

**South Carroll Swim Club (Race Host & Sponsor)** <http://www.southcarrollclub.com/>

1900 W. Liberty Road, Westminster, MD 21157

10:00-11:00 a.m.

**Clinic overview:**

This clinic, conducted one-week out from race-day, gives solid **“take to the race strategies”**. Highly interactive and conducted at the actual race site, the clinic will feature actual *Transition Area (TA) bike racks* for participants to practice “racking” and live transitions with your own equipment (bike, shoes, helmet, glasses, running shoes, gloves, water bottles, towel, etc. (completely optional). Or simply come and learn with Q&A definitely encouraged. This session is guaranteed to be very constructive for new and novice triathletes – or all athletes who need new tips on TA “issues” and race day prep. Key clinic topics include:

- Developing and using a race-day “check-list”;
- Transition area set-up;
- Reducing pre-race “butterflies” and anxiety;
- Race strategies;
- Course ride or run (on own, but encouraged to familiarize race participants who haven’t actually rode the 14-mile bike course or previewed the 5K run course).

**Presenter- Michele Bull:** A very experienced and active triathlete who is a member of the Mid-Maryland Triathlon Club, Michele was named “Volunteer of the Year” in 2008 for her outstanding dedication and service to the club. Since becoming a MMTC member, she steadily increased participation and performance, moving from sprint to international/olympic to half-IronMan and completed the full-IronMan Florida in November 2009. She has picked up a nice collection of hardware (place awards) and took an active leadership role in the Club. Michelle co-chaired the club’s mentoring program and conducted clinics for individuals new to the sport of triathlon for past “TRI-TO-WIN” and Iron Girl races. In 2008, she started a new Iron Girl training group, leading these rides and making herself available to triathletes in training. Michele strives for personal excellence with the same passion devoted to teaching and supporting those getting started. Michele’s Race Day “Prep” Talk was very highly rated by the large classes of “TRI-TO-WIN” Champion athletes attending in 2008-2011, as a “must do” session to reduce race-day anxiety and ensure a solid performance.