



**COWICHAN CHALLENGE TRIATHLON CLINIC**  
**Sunday May 5th 8:00 to 12:00 (approx)**  
**Fuller Lake Park, Chemainus**

- New to Triathlon? Or feeling a little rusty?...Come join us for a fun & helpful clinic!
- Learn swim tips to conquer your nerves, site properly, & get around those buoys
- Learn tips for how to set up your transition area with ease
- Learn tips for getting on your bike with confidence & navigating turning cones
- Learn tips for transitioning to your run and how to pace to the finish!
- Practice makes perfect! Get out for a fun training day and eliminate race day nerves!
- Meet other triathletes to make race day even more fun!

Participants are responsible for bringing their own swim, bike and run gear. (wetsuits highly recommended!)

Proceeds will be donated to our Charity: Cowichan Search & Rescue

Be prepared to practice skills and also complete a short swim, bike and run course.

All participants must be over the age of 19 and sign a waiver.

Participants are responsible for bringing their own hydration and food (this would be a good time to try out what you plan to use on race day)

LIMITED REGISTRATION of 30 participants!  
Fee: \$20 (High five's and smiles will be free!)

Go to [www.ceevacs.com](http://www.ceevacs.com) for registration form  
Or email: [cowichallenge@shaw.ca](mailto:cowichallenge@shaw.ca) for more information

