

**Ottawa Kids Tri Beginners Clinic
PSP Recreation NCR/PSP Loisir RCN
Canadian Forces Base Ottawa South near Ottawa International Airport**

Fee: \$10 for Non OAT Members/\$4 for OAT Members

Schedule:

Tuesday: July 7, 2009

- 6:30 to 6:50** Introduction to a Triathlon/Duathlon
Basic KOS rules
Bike Safety
- 6:50 to 7:10** Transition Zone
Swim/Bike/Run "Walk Through" Transition
Placement of Gear and Bike
Practice Putting Helmet On
- 7:10 to 7:30** Water Break and Transition Relay Game
- 7:30 to 7:50** Bike Skills
Bike Mount and Dismount
Breaking and Turning
Shoulder Check
- 7:50 to 8:00** Simulated Bike
Enter T Zone - Helmet - Exit - Mount - Short Ride - Dismount - Rack
Bike - Exit T Zone

Tuesday, July 14, 2009

- 6:30 to 7:10** Swim Basics and Transition to Bike / Run Gear
- 7:10 to 7:15** Review T-Zone, Bike Basics
- 7:15 to 7:20** Water Break and Pre-Race and Race Day Nutrition and Hydration
- 7:30 to 7:45** Run Basics
- 7:45 to 8:00** Bike to Run Relay
- 8:00 to 8:15** Wrap Up, Certificates and Healthy Snack and Drink

NOTE: Bike ride will be inside a closed parking lot beside the pool, run will be on grassy field around soccer field and swim will be in 25m outdoor pool