



Jack's Generic Tri: Course Preview Sat. August 18th, 2018

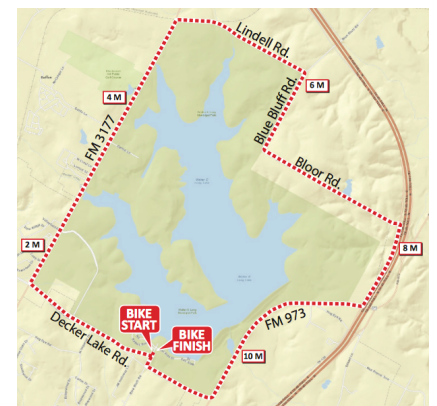
Whether you are new to the sport or a seasoned veteran, our Academy weekend triathlon clinic will be an educational, motivational, and unique experience for all. Training, coaching and support will be offered throughout the morning including the full course preview and run off component.

FREE to all! - Get to know the new venue this year! @ Lake Decker Walter E. Long Park

- AASA team tent and full SAG support provided on exact race day bike course!
- 11 mile bike course (loop 1) will be a no-drop (warm up) educational ride with 3 checkpoint stops
- Optional 2nd and 3rd loops will also have full support as a race rehearsal approach (at own pacing)
- Run-off will be a 1 mile loop (repeat options) sharing majority of race day run course
- OWS not included but many will stay after and swim in Lake Decker after - \$3 to enter park (free on foot)
- Sag and mechanical support on bike ride with course maps provided
- Race day execution tidbits, taper strategies, t1/t2 approach, and technical skills guidance for race day
- Opportunity to train with fellow racers, and others in the community

- 8:00am** - Intro & Flat Tire Clinic
- 8:15am** - Course Chat (Bike & Run Routes)
- 8:30am** - Wheels Down
- 10:30am** - Conclusion

Address: 6620 Blue Bluff Rd, Austin, TX 78724



For more information: email jeff@aasa-atx.com