

Triathlon 101

Improve your swim, bike and running skills with the experts at Fairview Sports & Orthopedic Care's Triathlon 101 class .



The free Triathlon 101 course will be held **Monday, March 1**, at Fairview Lakes Medical Center, Conference Room B, 5200 Fairview Blvd., Wyoming, Minn. To register, call Fairview On Call at **612-672-7272**.

Monday, March 1

6 p.m.

“Setting Up Your Program,” Matt Haugen

Matt was the USA Triathlon National Teams Coach and the director of the first USA Olympic Triathlon Program from 1997-2000. He now coaches triathletes from beginners to elite. He will talk about the basics of setting up your training program.

6:30 p.m.

“Running Form and Transitions,” Kevin Ronneberg, M.D., Fairview Sports and Orthopedic Care

A sports medicine physician who also competes in numerous multisport events, Dr. Ronneberg will talk about running form and offer tips and tools to plan the transition part of your race.

7:05 p.m.

“Swimming Technique,” Matt Haugen

Matt will discuss the basics of the swim technique and will offer drills and suggestions to enhance your form and improve your performance.

7:35 p.m.

Refreshment and bathroom break

7:45 p.m.

“Injury Prevention and Nutrition for Triathletes,” Fairview Sports & Orthopedic Care. Learn how to prevent common injuries and tailor your nutritional program for the unique needs of multisport athletes.

8:15 p.m.

“Race Talk”—Erin West, Midwest Sports Events

Erin will describe the format and layout of the triathlon and answer questions.

8:30 p.m.

“Bike Fit,” Forest Lake Cycle & Skate

Staff at Forest Lake Cycle and Skate will review the basics of proper bike fit to enhance performance and reduce injuries.

** Triathlon 101 participants will receive a discount on their July 25 Chisago Lakes Triathlon entry fee: \$7 off Sprint and \$15 off Half Ironman, compliments of Midwest Sports Events. For more information about the Chisago Lakes Triathlon, call Midwest Sports Events at 1-800-429-8044, or visit midwestsportsevents.com.*

COMING MARCH 29

Kids Tri Training Night

Kids can be triathletes, too. On Monday, March 29 at 7 p.m. Fairview Sports & Orthopedic Care and Midwest Sports Events will offer prizes, refreshments and pointers to help kids age 12 and under get ready for the July 24 Chisago Lakes Kids Triathlon. Those who attend get \$5 off their Kids' Triathlon registration fee. A parent or guardian must accompany every three children. To preregister for this free event, call **612-672-7272**.