



## 2016 Triathlon Training Series

**June 5**  
Sunday

**Bike/Run Transition Clinic** with Coach Rayne Herzog, Shelburne Beach, 7 - 9 am, \$20, Free to Triathlon Training athletes

**June 10 -**  
**August 12**

**Triathlon Training** with Coach Rayne Herzog, Shelburne Beach, 5:45-7:00 am, 10 weeks, \$159, register by June 1

**June 12**  
Sunday

**Open water swim clinic** with UVM Women's Varsity Swim Coach Gerry Cournoyer, Shelburne Beach, 7:30-8:30 am, \$10. If water temperature is not at least 60 degrees, this will be moved to the UVM pool.

**June 16**  
Thursday

**Injury Prevention** with Dee Physical Therapy, Shelburne Field House, 6:30-7:30 pm, FREE, please pre-register.

**June 23**  
Thursday

**Sports Nutrition** with Kim Evans, RD, Whole Health Nutrition, 6:30-7:30 pm, \$5 donations accepted



Call Rayne Herzog, USA Triathlon Coach at (802) 316-7142 for more information or to register. Wetsuits are recommended for the Triathlon Training Program.

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