

# Triathlon

# Clinic



**Saturday, June 17, 2017**

© Huron Valley Pools & Fitness  
Milford High School  
2380 S. Milford Road | Highland, MI 48357  
(248) 676-2346

**9:30 am - 11:00 am**

Please Pre-Register to: [james.izzi@hvs.org](mailto:james.izzi@hvs.org)  
(Pre-Registration Requested)



[MilfordAthleticClub.org](http://MilfordAthleticClub.org)

## ***Hey Triathletes!***

Whether new or experienced,  
whatever race distance you're  
signed up for or eyeing,  
come join MAC Coaches  
Jim Izzi and Maria Veen  
for the 2017 MAC Tri Clinic!

Sat., June 17th, 9:30-11:00 am  
at Huron Valley Pools & Fitness/  
Milford High School,  
in the Multi-Purpose Room.

### ***The Clinic Will Cover Everything From:***

- Training Plans
- What Gear/How to Pack
- Transition Areas
- Race Strategies
- Post-Race Considerations
- Question/Answer Period

We are requesting a \$10 donation  
to the MAC - Jim "Young-Gun" fund,  
payable day of the clinic.

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[HuronValleyRec.com](http://HuronValleyRec.com)