

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
(Pre-Registration Requested)**



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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**HURON VALLEY
POOLS & FITNESS**

HuronValleyRec.com