



**NEWS RELEASE**

Contact: Nick Wolda, 281-210-3800

[nwolda@thewoodlandstowship-tx.gov](mailto:nwolda@thewoodlandstowship-tx.gov)

**Practice open water swimming to prepare for your next triathlon**

THE WOODLANDS, TEXAS (March 12, 2014) – The Woodlands Township Parks and Recreation Department will hold an Open Water Swim Day on Saturday, April 26, 2014, at Northshore Park, 2505 Lake Woodlands Drive. No instruction is provided for the open water swim. Walk-up registration is welcome, and swimming is available for persons 13 and older. Lifeguards will be onsite and are Red Cross certified. In addition, The Woodlands Fire Department will be at the event.

In addition to the open water swim, there will also be three open water clinics available at Northshore Park and packet pick up for the 2014 CB&I Triathlon. Participants must register in advance for all clinics.

Open Water Swim Clinic with TJ, which runs from 10 a.m. to 12:30 p.m., is great for first-time triathletes and those new to open-water swimming. Participants will learn about the swim portion of the CB&I TRI. Additional training materials and tips will be given prior to swimming the course. The cost is \$25 for The Woodlands residents and \$30 for non-residents and includes short course swim entry.

Triathlon First Timer's Clinic Overall Review and Swim Practice, coached by Sandra Sutherland, SAT, RCCA, TXTRI, is designed to educate triathletes on basic fundamentals involved with completing a sprint-distance triathlon. It will familiarize participants with swim, bike, run and transition techniques. The clinic, which runs from 10 a.m. to 12:30 p.m., will cost \$35 for The Woodlands residents and \$40 for non-residents. The class includes a short course swim entry, route map, and race day checklist.

Long Course Swim Clinic with OutRival Racing, coached by Michelle LeBlanc, official coach of Memorial Hermann Ironman Texas, begins at 7 a.m. The clinic will cover what to expect on race day and how to tackle the 2.4-mile swim. Specific attention will be given to the race morning protocol, the mass start, navigation techniques, and more. The cost is \$35 for The Woodlands Residents and \$40 for non-residents. Fee includes long course swim entry, additional handouts, and extra instruction.

For more information, please call 281-210-3950 or visit <http://www.thewoodlandstowship-tx.gov/index.aspx?NID=769>