



NEWS RELEASE

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Prepare for a triathlon with the Township's Open Water Swim Day

THE WOODLANDS, TEXAS (February 5, 2013) – Registration is open for The Woodlands Township *Open Water Swim*, *Open Water Swim Clinic with T.J.* and *Triathlon First-Timer's Clinic* on Saturday, April 27, 2013, at Northshore Park, 2505 Lake Woodlands Drive.

Prepare for a sprint or distance triathlon at your own pace with *Open Water Swim* by swimming a short course, long course or both in Lake Woodlands. The long course (approximately 1.2 miles) is from 7:30 to 9:30 a.m. The short course (approximately 500 meters) is from 10:30 a.m. to 12:30 p.m. There is no instruction with *Open Water Swim*.

For swimmers who do want instruction, the Township offers the *Open Water Swim Clinic with T.J.*, taught by T.J. Fry, an Ironman and professional triathlete. This class is great for first-time triathletes who are new to open-water swimming. The class runs from 10 a.m. to 12:30 p.m.

The *Triathlon First-Timer's Clinic*, led by USAT, TXTRI, USA Triathlon and RCCA Run Coach Sandra Sutherland, is designed to educate triathletes on basic fundamentals involved with completing a sprint-distance triathlon. This class also runs from 10 a.m. to 12:30 p.m.

For the safety of all swimmers, The Woodlands Fire Department will be on site with a boat, and American Red Cross-certified waterfront lifeguards will monitor the waters.

Fees for the *Open Water Swim* are \$25 for the long course, \$15 for the short course and \$30 for both courses. *Open Water Swim Clinic with T.J.* is \$25 for The Woodlands residents and \$30 for non-residents. The *Triathlon First-Timer's Clinic* is \$35 for The Woodlands residents and \$40 for non-residents.

Register online at www.thewoodlandstowship-tx.gov, by phone at 281-210-3950, or in person at The Woodlands Township Recreation Center, 5310 Research Forest Drive, The Woodlands, TX 77381. Pre-registration is required for all classes.

For more information on The Woodlands Township government, please call 281-210-3800 or visit www.thewoodlandstowship-tx.gov.

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