



NEWS RELEASE

For Immediate Release

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Practice open water swimming to prepare for your next triathlon

THE WOODLANDS, TEXAS (April 24, 2013) – The Woodlands Township Recreation Center will hold Open Water Swim Day on Saturday, April 27, 2013, at Northshore Park, 2505 Lake Woodlands Drive. No instruction is provided for the open water swim. Walk-up registration is welcome. The session is for swimmers ages 13 and older. Red Cross certified lifeguards and The Woodlands Fire Department will be on site with a boat.

In addition to the open water swim, there will also be three clinics available at Northshore Park. **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/person, and includes additional handouts and extra instruction.

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 specific challenges with swimming in 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.

Triathlon First Timer's Clinic Overall Review and Swim Practice, coached by Sandra Sutherland, USAT, 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 map and race day checklist.

Participants must register in advance for all clinics. For more information, please call 281-210-3950 or visit <http://www.thewoodlandstowship-tx.gov/index.aspx?NID=769>

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