



NEWS RELEASE

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Open water swim clinic for triathlon training takes place April 29, 2017

THE WOODLANDS, TEXAS (April 11, 2017) – The Woodlands Township Parks and Recreation Department will hold an Open Water Swim Day, Saturday, April 29, 2017, at Northshore Park, 2505 Lake Woodlands Drive in The Woodlands, 77381. No instruction is provided for the open water swim. Walk-up registration is welcome, and swimming is available for persons age 13 and older. Lifeguards will be onsite and are Red Cross certified. The Woodlands Fire Department will also be at the event. Please note that Northshore Park is under renovation, thus not all park amenities will be open for this event.

In addition to the open water swim, there will also be two open water clinics available at Northshore Park and packet pickups for the 2017 CB&I TRI-The Woodlands Triathlon. Participants must register in advance for all clinics.

Open Water Swim Clinic with TJ, which runs from 8 to 10 a.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 residents and \$30 for non-residents; pre-registration is recommended. The class fee includes one open-water swim entry.

Triathlon First Timer's Clinic is a Swim - Bike - Run Race Review with Sandra Sutherland, a SAT, RCCA, TXTRI Certified Ironman Coach, 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 8 to 10 a.m., will cost \$35 for residents and \$40 for non-residents. The class includes an open-water swim entry, route map and race day checklist.

For more information on these clinics, please visit www.thewoodlandstowship-tx.gov/openwaterswim or call 281-210-3950.



Competitors preparing for triathlons can take advantage of the Open Water Swim Day April 29, 2017, at Northshore Park.