



**Recreation Department**  
20 Sanderson Street  
Greenfield, MA 01301    413-772-1553 phone    413-773-0115 fax

*We create community through people, parks, and programs!*

# Summer Programs

## ↓ Free Triathlon One Day Clinic

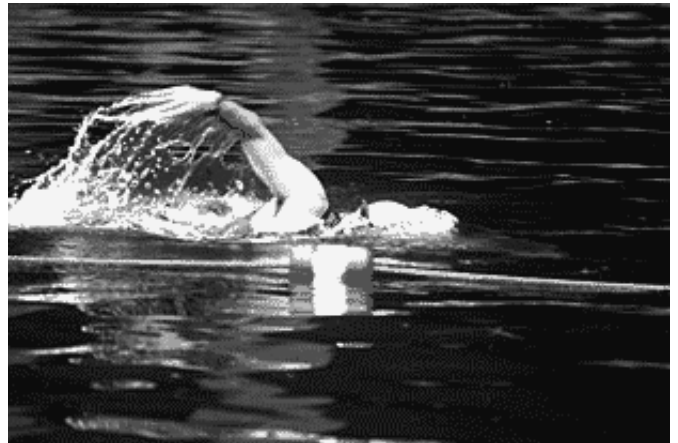


Aimed at first time and beginner triathletes, topics will include:

- An introduction of the Greenfield Lightlife Triathlon course
- Race day preparation

including nutrition and rest

- Gear: what you need and what you do not need
- Swimming the river - how best to stay afloat
- Tips on transitions
- Getting the most from your ride and run
- Review of USAT triathlon rules
- Your successful finish



This is a great chance to see the course, learn about transition strategies, and meet other triathlon enthusiasts. This is an interactive clinic so bring your questions and your gear. There will be time after the clinic to swim, ride, and run. The clinic will be held rain or shine.

<b>AGE</b>	All Ages
<b>DATE</b>	Saturday, July 30th
<b>TIME</b>	3:00 pm-4:30 pm
<b>PLACE</b>	Greenfield Swim Area
<b>FEE</b>	FREE
<b>CODE</b>	12011A