

Cleveland Triathlon Club presents REV 3 Cedar Point Course Preview Day

Saturday, July 17, 2010

BROUGHT TO YOU
BY -



ALSO
PARTNERING
WITH-



Admission:
Free

Where:
Sawmill Creek
400 Sawmill Creek Dr. Huron, OH 44839

Check-In:
7:00 to 7:45 am

☐ **Sailfish Open Water Swim / Liquid Lifestyles Open Water Swim Clinic**
7:45 am

- Will Include Wetsuit demo sponsored by Sailfish
- Open Water Swim Clinic sponsored by Liquid Lifestyles Premier Swim Instruction

☐ **Bike Authority Bike Ride:**

9:15 am depart (choice one or two loops)

- Riders must be able to support themselves throughout ~50 mi loop the course (includes flat tire, nutrition, etc.)
- There will be group leaders for the first ~50 mi. loop. There will only be an A group (meaning 18 mph+ avg minimum) for 100 mile options. Anyone is welcome to ride 2 loops if slower than the A group minimum, but due to time constraints, you should plan that you may be on your own or find a buddy to ride with.
- Please print off your own map ahead of time
(<http://www.rev3tri.com/!/cedarPoint/bikeCourse/index.htm>)

☐ **Infinit Run:** Optional (Run on your own)
• Marked run course with aid

☐ **Clinics:** (tentative)

Approximately 2:00 pm

- Nutrition -Infinit Representative
- Ironman Strategy - Angela Forester, Angela Forester Training
- Transitions

☐ **Tri Bike Transport Post Preview Day Social and Wrap Up**
Approximately 3 PM on

Other:

Bike Mechanic Support Provided by Bike Authority

Participants will have access to shower facility compliments of Sawmill Creek.

RSVP's are Required:

Clevetriclub@yahoo.com

**Schedule is subject to change.
Event is rain or shine!!!**