2010 Score This!!! Clinic Series

featuring

Score This!!!, Train-This!, Tri Spot Multi-Sport, Nice Tri! and Finger Lakes Running and Triathlon Co.

Clinic Name	Date	Location	Time
Clinic#1 - Beginners Clinic	04.28.10	Tri Spot Multisport	6:00-8:00pm
Clinic#2 - Beginners Clinic	05.25.10	Tri Spot Multisport	6:00-8:00pm
Clinic#3a - Keuka Lake Tri	06.05.10	Keuka College	2:00-2:45pm
Clinic#3b - Keuka Lake Tri	06.05.10	Keuka College	3:00-3:45pm
Clinic#3c - Keuka Lake Tri	06.05.10	Keuka College	4:00-4:45pm
Clinic#3d - Keuka Lake Tri	06.05.10	Keuka College	5:00-5:45pm
Clinic#4 - Beginners Clinic (ATITB)	06.29.10	Tri Spot Multisport	6:00-8:00pm
Clinic#5 - Summer Sizzler Clinic	07.31.10	Beaver Island State Park	8:00-10:00am
Clinic#6a - Open Water Clinic	09.18.10	Kershaw Park	1:00-2:00pm
Clinic#6b - FLT Clinic	09.18.10	Kershaw Park	12:30/1:30/2:30/3:30/4:30pm

***Note - Each clinic is described in detail at http://score-this.com

Hey, I was talked into do this triathlon with a friend? Sound familiar? How about these questions?

Not sure about a course? Don't know what to wear? training with power? Is it OK to change in the middle of the TA? What the heck is the TA? What do you mean swim, bike, run x2? Is it hilly? Which way do I go already? Where's my bike?

Get these answers at the ST!!! clinic series.

SCORE-THIS!!!

http://score-this.com

2010 Score This!!! Clinic Series

Last Name

First Name MI

Address

Town/City State/Prov

Zip/Postal Code Sex Age as of 12/31/10 Birthdate mm/dd/yy

Phone Number USAT Number

Email Address

Emergency Contact

Emergency Contact Phone Number

Medical Condition: _____

Clinic Name	Date	Select	Price
Clinic#1 - Beginners Clinic	04.28.10		FREE
Clinic#2 - Beginners Clinic	05.25.10		FREE
Clinic#3a - Keuka Lake Tri	06.05.10		FREE
Clinic#3b - Keuka Lake Tri	06.05.10		FREE
Clinic#3c - Keuka Lake Tri	06.05.10		FREE
Clinic#3d - Keuka Lake Tri	06.05.10		FREE
Clinic#4 - Beginners Clinic (ATITB)	06.29.10		FREE
Clinic#5 - Summer Sizzler Clinic	07.31.10		FREE - USAT Members - $10 non members
Clinic#6a - Open Water Clinic	09.18.10		FREE - Registered athletes - $10 non members
Clinic#6b - FLT Clinic	09.18.10		FREE

Parent/guardian signatures required on race day for those athletes under age 18.

Payable & Mail to: Score This!!!, Inc 15 Ranch Trail Ct. Orchard Park, NY 14127