



Learn and perfect open water swim skills and techniques with:

**Moira Horan, of StayStrong Multisport LLC,** a USAT certified coach and well-seasoned triathlete with more than 15 years of experience in the sport.

**Bryan Gleason, an experienced open water swimmer, ocean lifeguard, expert surfer and owner of Surf Costa, an adventure vacation destination in Costa Rica.**

Please bring swim, bike and run training gear with you. Not mandatory but wetsuit recommended.

This is the **best** investment you can make in your training and race day preparation.

There is nothing that can take the place of practice and time in open water with some of the most experienced athletes and instructors.

Additional ocean clinics will be scheduled and the dates will be announced shortly.

# Open Water Swim and Triathlon Clinic

Make the most of the upcoming season

**Saturday, August 27<sup>th</sup>, 2011**

**7 AM to 10 AM**

**Location: Long Branch, NJ**

For details and sign up, check out:

<http://staystrongmultisport.com/events.htm>



*Something for everyone, from the beginner to the experienced triathlete!*

## *What this clinic has to offer:*

- Start with an overview of a typical race day, including familiarization with transition area and more.
- Get comfortable in the open water, especially the ocean
- Up to two hours of in-water time (depending on weather and water conditions)
- Tips and tricks for open water swimming including: proper entry, exiting, sighting, turns and more
- Practice swim to bike and bike to run transitions – make the best use of your transitions
- Transition tips and tricks



**“Tri it, you’ll like it!™”**

For more information contact: [moira@staystrongmultisport.com](mailto:moira@staystrongmultisport.com)