

Instruction in all elements of the triathlon:

- swimming •
- biking •
- running •
- transition •



An orientation session followed by six training sessions conducted every Saturday afternoon (4:30 PM to 6:00 PM) from July 16 through August 20.

All training sessions at Theodore Roosevelt Memorial Park, 2 Shore Avenue, Oyster Bay.

Participants will learn correct form in swimming, biking and running, proper nutrition, hydration, proper footwear, apparel, bike accessories, etc., and the importance of training in an educational and FUN setting.

Training Program will lead up to participation in the Runner's Edge-TOBAY Junior Triathlon on Sat., August 27.

KICKOFF:
June 15 at 7:00pm
Old Bethpage Restoration

CLINICS: Saturdays from
4:30 to 6:00, July 16, 23,
30, August 6, 13 & 20



Program Director: **DEBORAH BLAIR** - Chief Administrator and Head Coach of Nassau County's Run Smart and Run Start Training Programs, USA T&F Level 1 certified coach

COACHES: **BOB COOK** - multi-time Ironman Triathlon finisher

MINDY DAVIDSON - Experienced triathlete and administrator



DEBORAH BLAIR

Runner's Edge TOBAY Junior Triathlon Training Program for youth ages 8 through 13



Space is limited! Sign Up Today!

Program Fee: \$45 for the entire Training Program.
(Make checks payable to "GLIRC")

Participants must be able to swim 25 yards unattended and be able to ride a 2 wheel bike comfortably.

There is a separate entry fee for the Runner's Edge-TOBAY Junior Triathlon. You can register at glirc.org

FOR MORE INFORMATION:
Call Greater Long Island Running Club at (516)349-7646

ENTRY FORM - TOWN OF OYSTER BAY JUNIOR TRIATHLON TRAINING PROGRAM

Please fill in this form and return it with your \$45 check to GLIRC, Att: Junior Tri, 101 Dupont Street, Suite 24, Plainview NY 11803

LAST NAME _____ FIRST NAME _____

STREET ADDRESS _____ TOWN _____ ZIP _____

PHONE () _____ email _____

DATE OF BIRTH _____ AGE (as of 7-16-16) _____ SEX _____

WAIVER, RELEASE AND INDEMNIFICATION FORM (PLEASE READ CAREFULLY BEFORE SIGNING): In consideration of the acceptance of my child's entry in the Program, for myself, my child, and for my heirs, next of kin, administrators, executors, successors and assigns, I hereby waive and release any and all claims, demands, and causes of action that I might have against the Town of Oyster Bay, the Greater Long Island Running Club, their employees, agents, and volunteers, for any and all injuries and bodily harm arising out of my child's participation in the Program, whether or not arising out of the active or passive negligence of any one or more said organizations or individuals. I hereby consent that my child shall receive such medical treatment which may be deemed advisable by the program staff in the event of injury or illness during the course of the Program. I hereby grant permission to the Town of Oyster Bay and the Greater Long Island Running Club to use any photographs, videos, motion pictures, recordings, and any other record of the program and my child's participation in same for any purpose whatsoever.

PARENT'S NAME _____

PARENT'S SIGNATURE _____ DATE _____