

## **Pre-Race Triathlon Clinic Planned**

A KPC Sprint Triathlon pre-race clinic scheduled for **3 p.m. Sunday, July 10 at the Cole Family YMCA** in Kendallville will offer key tips and help acquaint first-time racers with the transition process and race preparation. The clinic will include:

All-American triathlete and certified coach Diana Schowe of Three Rivers Running Company, a race sponsor. Schowe will include key tips on gear, a race preparation checklist, and tips on getting in and out of the transition area “quickly but calmly.” Key bike racing and safety rules also will be reviewed along with a question and answer session.

YMCA Fitness Director Rob Imber will briefly present on pre-race prep and post-race care, nutrition and hydration.

Triathlete and former triathlon referee Mark Lulling will be present for rules questions.

There will be plenty of time for questions following the presentations.

Schowe, who has competed in over 50 triathlons, says that she “used to be competitive, but now I’m in it just for fun,” and enjoys sharing her knowledge and experience. For more information contact Schowe at [diana@3riversrunning.com](mailto:diana@3riversrunning.com).

The Cole Family YMCA is located on Garden Street in Kendallville, just west of East Noble High School.