

Triathlon Coaching Morning

Bray Wheelers Cycling Club in association with Wicklow Triathlon Club are running a coaching morning for those who are taking part in the Focus Ireland Triathlon on Sunday 31st July 2011. It is aimed at those who are new to triathlon, or who have only done one or two triathlons. Experienced coaches will be on hand to help you plan what equipment you will need to bring on the day, for the swim, the bike and the run, and how to set up your transition area.

Learn how to prepare your equipment in advance of the race. Practical tips will be given to help make your race more enjoyable, and to help avoid some of the pitfalls that can spoil your day, like how to repair a puncture yourself, so that a puncture does not mean that you cannot complete your race. Plus a briefing on the Focus Ireland Triathlon course in Dun Laoghaire for the swim, the bike and the run. And while it's expected that your training will be well under way, some tips on what training you can do between now and the big day.

When: Sat 9th July 2011, 9am to 12noon

Where: Bray Wheelers Cycling Clubhouse

Address: Schools Road, Boghall Road, Bray, Co.Wicklow, Ireland

Map for clubhouse: <http://www.braywheelers.com/clubhouse.htm>

Website: <http://www.braywheelers.com/>

The cost for the coaching morning is €10 and that will include tea coffee, biscuits and cake. Please bring a packed lunch if you would like something more substantial. All proceeds from the day will be donated to Focus Ireland, to help people who are homeless in Ireland.

If you haven't already registered for the event, but are thinking of doing so, you are welcome to attend.

To register your interest for the event please contact Lisa Sheahan on 018815900 or email events@focusireland.ie.