

Fairview Sports & Orthopedic Care

Triathlon 101

Improve your swim, bike and running skills with the experts at Fairview Sports & Orthopedic Care's Triathlon 101 and receive a discount* on your July 26 Chisago Lakes Triathlon entry fee.

All Triathlon 101 classes are held from 7-8:30 p.m. at Fairview Lakes Medical Center, Conf. Room B, 5200 Fairview Blvd., Wyoming, Minn. To register for these free classes, call Fairview On Call at 612-672-7272.



Monday, March 2

"Race Talk," Gloria West, M.S.E., Midwest Sports Events

Gloria is the race director for Midwest Sports Events, which conducts the Chisago Lakes Triathlon. She will talk about planning and layout of the triathlon and answer questions.

"Setting Up Your Program," Matt Haugen

Matt was the USA Triathlon National Teams Coach and the director of the first USA Olympic Triathlon Program from 1997-2000. He also served as the Elite World Triathlon Championships, Pan Am Games, and National Resident Team head coach. He now coaches triathletes from beginners to elite. He will talk about the basics of setting up your training program.

"Swimming Technique," Matt Haugen

Matt will discuss the basics of the swim technique and will offer drills and suggestions to enhance your form and improve your performance.

Monday, March 9

"Bike Fit," Forest Lake Cycle & Skate

Staff at Forest Lake Cycle and Skate, will review the basics of proper bike fit to enhance performance and reduce injuries.

"Six Key Steps to Improving Cycling Performance" will cover pedaling stroke, cornering, climbing and descending, braking, shifting and hand-gripping for novice as well as experienced cyclists.

"Transitions," Kevin Ronneberg, M.D., Fairview Sports and Orthopedic Care

Dr. Ronneberg is a sports medicine physician who also competes in numerous multisport events. Dr. Ronneberg will talk about tips and tools to plan the transition part of your race.

Monday, March 16

"Nutrition for Triathletes," Scott Ahrenholz, D.O., CAQ

Fairview Sports & Orthopedic Care will cover the basics of nutrition and how to tailor your nutritional program for the unique needs of multisport athletes.

"Running Form,"

Dr. Ronneberg will talk about running form and how to pick the right shoes.

"Injury Prevention,"

Dr. Ahrenholz will offer practical pointers on how to prevent and care for common injuries that could hamper your training and race performance.

**Attend Triathlon 101 and receive a discount on your July 26 Chisago Lakes Triathlon entry fee: \$7 off Sprint and \$15 off Half Ironman. For more information about the Chisago Lakes Triathlon, call Midwest Sports Events at 1-800-429-8044, or visit www.midwestsportsevents.com*

COMING MARCH 23

Kids Tri Training Night

Kids can be triathletes, too. At 7 p.m. Monday, March 23, Fairview Sports & Orthopedic Care and Midwest Sports Events will offer prizes, refreshments and pointers to help kids age 12 and under get ready for the July 25 Chisago Lakes Kids Triathlon. Those who attend get \$5 off their Kids' Triathlon registration fee. A parent or guardian must accompany every three children.

To preregister for this free event call 612-672-7272.