



Summer Clinic Series

FREE & OPEN to ALL!

WHAT: 8 weeks of free clinics that cover various aspects of the sport of triathlon! Learn, refresh, refine. Each clinic will be followed by a casual mini sprint (short swim, 9mi bike, 2 mi run). Come to one or all 8!

WHERE: Mother's Beach, Kennebunk, ME

WHEN: Thursdays, July 5 - August 23, 5:30-6:15p. Fun Mini Sprint @6:15p.

July 5: FLEXIBILITY/STRETCHING

Aspect of training not to be overlooked!

Hosted by: Chris Ebbrecht RYT, Ironman finisher, KBTC founding member

July 12: SWIM STRAIGHT in OPEN WATER

Reduce the extra strokes you don't need

Hosted by: Kirsten Read of KGR Coaching, KBTC member, SwimRun finisher, P2P winner

July 19: TRANSITIONS

Strategies, tips, tricks and go-to gear

Hosted by: Joanne Whitelaw, KBTC member, Ironman finisher

July 26: OVERTRAINING

Learn to recognize the symptoms

Hosted by: Dr. Marc Dupuis DC, Back to Health Chiropractor PC, Ironman finisher, KBTC member

Aug 2: HANDS ONLY CPR

Important skill for fellow athletes and bystanders

Hosted by: Dean Auriemma, EMT and Kennebunkport Public Education Coordinator

Aug 9: NUTRITION

Do's, Don'ts and understanding why

Hosted by: Karen Knapton RD, Owner of Whole Health Consulting

Aug 16: RUN LEG

Good habits, bad habits, efficiency, proper warm-ups and more

Hosted by: Jarrod Buzzell, Ironman finisher, Physical Therapist, CMP at OA Center for Orthopedics

Aug 23: Mini Sprint & Beach Fire Picnic!

Beach fire and picnic dinner at Narragansett Point! BYOB and Food, KBTC will provide desserts.

MORE INFO: kbtc4me@gmail.com or www.kennebunkbeachtriathlonclub.com