



A Beginner's Guide To The Triathlon

Presented by The Athlete's Companion in association with TimeOut! Productions

First triathlon? Wondering what to expect on race morning? Thinking about trying a triathlon for the first time? We'll take you through the basics, help you with transition setup, give you some training tips, tell you what to expect on race morning, and answer all your questions.



Where: Four Points by Sheraton in Hyannis
35 Scudder Avenue, Cape Cod Room
When: Friday, June 9th - 1:00-3:00PM
How Much: \$30 per person (\$25 for youth)

Register on-line at www.athletescompanion.com or call 800-590-0226

- Geof Newton has been running the roads of Cape Cod since Jr. High School. A USAT Level 1 certified coach, he's been doing triathlons in various forms and flavors for over 10 years.
- Justin Neviackas is a personal trainer and fitness director at Mid-Cape Racquet & Health in S. Yarmouth. Justin has completed numerous triathlons including IronMan Lake Placid and in 2001 earned the title of youngest winner of the Odyssey Double IRON.

Name: _____ Age: _____
 Address: _____ Male Female
 City: _____ State: _____ Zip: _____
 Phone: _____
 Are you competing in Hyannis Sprint I? _____ Have you ever competed in triathlon before? _____

Please make checks payable to **Athlete's Companion** and mail to 22 S. Pond Drive, Brewster, MA 02631.
 In consideration of this registration being accepted, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for personal or other damage against officials, event sponsors, the Four Points by Sheraton Resort, Athlete's Companion, and TimeOut! Productions or their agents.

Signature: _____ Date: _____