



## **FREE Pre-Race Triathlon Clinic with Coach Al!**



Join us for a “pre-race” clinic prior to the *Mighty Kids Triathlon*

***Come with your questions, and learn some tips and “tricks of the trade” from***

***one of the area’s best coaches and other area triathletes. Have more fun, and go faster too! Time will be saved at the end for your questions!***

***Time: 1100 AM***

***Date: Saturday, September 19, 2009***

***Where: East Lyme High School Fitness and Aquatic Center***



Coach Al Lyman, CSCS, has been coaching endurance athletes of all ability levels since 1999. Certified by USA Triathlon, USA Cycling, the National Strength and Conditioning Association, and the American Swim Coaches Association, Coach Al has competed in hundreds of races over his career and is a 25-time marathon finisher with a Personal Best of 2:39 at the Boston Marathon, and a 9-time Ironman Triathlon finisher, including having qualified for and finished 3-times at the Ironman World Championships in Kona, Hawaii. For more information, go to: <http://coach-al.com>. For any questions regarding these clinics, email [coachal@coach-al.com](mailto:coachal@coach-al.com)