

# ONE--n--ONE ENDURANCE

Presents:



## “Let’s Talk Triathlon”

*A discussion and social event series for Blacksburg area triathletes*

- ❖ *Learn more about triathlon, meet other local triathletes*
- ❖ *Find new ways to improve/evaluate your technique*

Let’s talk Triathlon” is a FREE 3 part series taking place here in Blacksburg during what most triathletes consider the “off” season. Each session starts with a low key social time for meeting other local triathletes. The discussion session will then include a short Power Point presentation led by veteran USA Triathlon Certified Coach Jim McGehee. During (and following) the presentation there will be open discussion where you can ask questions, provide answers and share your own concerns/excitement about triathlon.

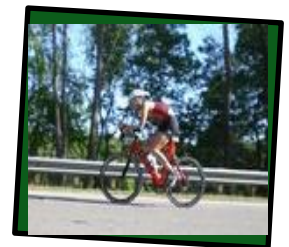


Topics for the series include:

December – *10 Specific Tips for Racing Faster in 2011*

January – *Improving Your Triathlon Swim Performance*

February – *Improving Your Triathlon Cycling and Run Performance*



Meetings will be held at 7:00 pm :

Event #1: Wednesday, December 15<sup>th</sup>.

Event #2 : Thursday, January 20<sup>th</sup> .

February date will be announced in the coming weeks.

Meeting location is at the Blacksburg Library,  
Community Room, 200 Miller Street, Blacksburg VA.

Find out more at [OneonOneEndurance.com](http://OneonOneEndurance.com) or contact Coach Jim McGehee directly at [Jim@OneonOneEndurance.com](mailto:Jim@OneonOneEndurance.com) or call 540-357-2920.