

TriBOISE

Coach Antonio's Weekly Update

SATURDAY MARCH 24, 2007

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CLINIC INFORMATION FOR SATURDAY, MARCH 24

BIKE MAINTENANCE CLINIC #2:

8AM-9AM @ IDAHO MOUNTAIN TOURING

This clinic's objective is to teach TriBOISE participants how to perform minor yet critical bicycle maintenance. The clinic will go beyond changing flats (Bike Clinic #1) and teach participants the following:

- How to tune and adjust brakes
- How to tune and adjust derailleurs
- How to correctly lube a chain
- How to adjust a bicycle stem and handlebars
- How to perform a pre-ride bicycle check

Participants will be given the opportunity to do their own bicycle maintenance in the shop during the clinic, under the supervision of shop employees.

Clinic Details:

Location: Idaho Mountain Touring
1310 Main St
Boise, ID 83702
208-336-3854

Time: 8am- 9am

Coaches: IMT Shop Technicians Steph (Mini-Gun) Brodegard & Jared (J-Rock) Rammell
TriBOISE Coaches Antonio Gonzalez & Brian Fretwell

What to bring: Bike, shoes, and plenty of bike maintenance questions.

WORKOUT INFORMATION

BIKE-RUN BRICK:

Bike Course Details: Saturday's bike course will follow the YMCA's Spring Sprint Triathlon bike leg. Note we'll be starting this ride from Camels Back Park. We'll head out from Camels Back at approximately 9:30am.

Participants will take 13th St to Hill Road, and follow Hill Rd 6 miles to old Highway 55. Turnaround at the highway and follow the same course back to the park.

This is a self paced ride, with bike support provided by your loyal servant Brian (though he'll probably get a flat and have to call Jamie to pick him up!). :-p

Run Course Details: After racking bikes on our new and very sweet bike transition racks, we'll immediately start the Spring Sprint Triathlon run course. This run is slightly more than 3 miles.

From Camel's Back we'll run approximately 1.5 miles up 8th Street, turnaround, and take the "Water Tower" trail back to Camel's Back.

Water served in very nice "Dora the Explorer" Dixie cups will be provided at the run turnaround.

Course will be marked at key turns.

RACE INFO

SPRING SPRINT TRIATHLON SCHEDULED FOR APRIL 6 & 7TH.

Note our swim workout for March 7th at the Boise State Pool will be from 8-9am. Afterwards we'll send a group to participate in or watch the triathlon. For those who don't want to watch the race, we'll have a second group that will do the scheduled group ride. More details this Saturday.
*Contact the Downtown or West YMCA for more race details.