



New Paltz Women's Triathlon Clinic

it's not what we do, it's how we do it.

*A*s women - creators, nurturers, and strong beings - it's not what we do each day that keeps us engaged, but how we do it and what we bring of ourselves to everything we put our mark on.

How we individually do something is as important as the task itself.

This clinic is taught by women, for women.

New Paltz *Women's Tri Clinic* is a triathlon focused clinic teaching the basics of the sport of triathlon for successful triathlon experiences. *Our focus is on technique* in training all areas of triathlon, not limited to swimming, cycling and running. We are women creating a *comfortable learning experience* for other women, without the distractions of feeling intimidated or inadequate due to their limited tri knowledge or experience. It is an environment which encourages *bonding with other like minded women*, a place to share challenges and concerns unique to women's lifestyles, and to hear stories of how other women have managed to *enhance life* outside of work, family and other responsibilities *through fitness* based activities.

Dates of the camp are Friday August 6th through Sunday August 8th 2010. Camp is scheduled to begin at 11am Friday and end on Sunday afternoon.

Cost for the two and a half day clinic is 795.00 US and requires a 250.00 US deposit. One hundred dollars is non-refundable. Two hundred and fifty is non-refundable beyond 14 days prior to the start of the clinic. Deposit can be made via major credit card at *Shawangunk Running Company* in New Paltz, NY.

Introducing the *I*ntstructors

Jan Cyr, co-owner *Shawangunk Running Company* in New Paltz, NY. Accomplished runner specializing in half marathon and short course triathlon. Jan is the mother of four boys and is well versed in the art of balancing career, family and training. She has found running to be her greatest source of strength, solice and inspiration.

Jan's store has become the premier running store in the area by offering up to date products coupled with an extensive understanding of running specific issues.

Dorothy Hamburg, owner *Personal Strength & Training* in New Paltz, NY. MS in Exercise Physiology, University of Oregon. Dorothy has a strong background in sports medicine and biomechanics. USAT level II Expert Coach; Certified Clinical Exercise and Health Fitness Specialist by the American College of Sports Medicine; Certified Personal Trainer - American Council on Exercise; USA Cycling Certified. Tri-athlete.

Dorothy prides herself on creating individualized programs for each of her clients based on their personal needs, goals and experience. Her mission is to inspire and encourage women of all ages to take on new challenges through sports specific training.

Petra Trunkes, co-owner *TISwimStudioNewPaltz*. Certified Senior Total Immersion Instructor; Co-creator of TIBeginner Tri Camps; USA Track and Field Certified Coach; Volunteer SUNY NP Athletics and Wellness Center specializing in food wellness, running technique and flexibility; Owner *Hungry Ghost Guest House*.
Nutritional Wellness writer and speaker; Plant-based Cooking Instructor.

Petra's wellness philosophy is basic: The body is simple; when we are quiet enough to listen, it will tell us all we need to know to take care of ourselves properly. Her training philosophy - equally as basic in its simplicity:

Patience plus consistency equals success.