



FOR IMMEDIATE RELEASE

Director

March 16, 2023

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### **FREE Triathlon Transition Training Clinic April 26 Will Give Area Athletes a Leg Up**

Area athletes can get a leg up on their competition at a **FREE Triathlon Transition Clinic** on **Wednesday, April 26** from **6 p.m. to 7:30 p.m.** at **Hook Point Brewing Company's** new **Ready Room, 715 West Brookhaven Circle**. Presented by **P.R. Event Management** the clinic is ideal for **first-time triathletes** or experienced **triathletes looking to improve** their individual performance and gain **tips for training** for the 2023 race season.

**Dale Sanford**, co-founder and coach of **BPC Performance Coaching** in Memphis, and **Heather Nichols**, also of BPC, will teach the free transition clinic. Restrooms and water will be made available inside the Ready Room.

After the free clinic there will be an **unveiling of the logo art** for this year's **40<sup>th</sup> anniversary of the Memphis in May Triathlon**. The design was created by Memphis College of Art graduate **Cornell Mahon**, a Memphis painter, illustrator and graphic designer. The art celebrates Malaysia, the honored country for the 2023 Memphis in May Festival. Clinic participants are invited to stay for the unveiling and beer tastings. The public is also invited to attend. Trivia Night follows the art unveiling.

For additional information or to register for the Memphis in May Triathlon or other upcoming triathlon events go to [www.pr-eventmanagement.net](http://www.pr-eventmanagement.net).

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**40th Annual Memphis in May Triathlon Weekend - May 13-14 at Hyde Lake, Shelby Farms**

**\$5,000 Amateur Purse Prize for top athletes competing in both triathlon events**

**Olympic Triathlon – Saturday May 13 at 6:30 a.m.** (.93 mile swim, 24.9 mile bike, 6.2 mile run)

**Sprint Triathlon – Sunday May 14 at 6:30 a.m.** (1/3 mile swim, 13 mile bike, 3 mile run)

**AquaBike events run simultaneously** with both Olympic and sprint triathlons

**Register:** [www.pr-eventmanagement.net](http://www.pr-eventmanagement.net)