



FOR IMMEDIATE RELEASE

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**CONTACT: Pam Routh, Race Director
(901) 550-2114 – pamrunsraces@gmail.com**

Swim, Bike and Run Clinics Offered By 2016 Memphis in May Triathlon

Memphis, TN –Swim, bike and run clinics are being offered to prepare for the **34th Annual Memphis in May Triathlon Sports Festival** at **Edmund Orgill Park** in **Millington, Tenn., May 20-22, 2016**. The clinics will be lead by local certified coaches to give athletes an opportunity to learn about the sport or improve their performance before the races begin.

Three swim clinics will be held at the **Memphis Jewish Community Center, 6560 Poplar Avenue**, pool on **Tuesday, March 15** from **6:30-8 p.m.**, **Tuesday, March 29** from **6:30 – 8 p.m.** and **Tuesday, April 12** from **6:30 to 8 p.m.** These clinics are **one-time classes** that require participants be able to swim at least 100 yards freestyle non-stop. These clinics are geared for swimmers who can already swim and are interested in becoming faster and more efficient in races. **Danny Fadgen** with the MJCC will be the coach.

A **Transition and Swim Clinic** at **St. George's Independent School, 1880 Wolf River Blvd.** in Collierville, on **Saturday, March 19** from **8:30 a.m. to noon** will be coached by **Dale Sanford** with BPC Performance Systems and **Rob Snowberger** with E-Z Swim.

A **Bike Skills and Maintenance Clinic** will be hosted by **The Peddler Bike Shop**, presenting sponsor of the 2016 Memphis in May Triathlon and Sports Weekend, on **Thursday April 7** from **6 to 8 p.m.** at the store's Southaven, Miss., location at **3075 E. Goodman Road**. **Dale Sanford** with BPC Performance Systems will be the coach.

A **timed open-water swim course** at the Memphis in May triathlon race site in **Casper Lake at Orgill Park in Millington, Tenn.**, will be held on **Wednesday, May 18** from **6 to 8 p.m.**

A **clinic and practice swim-the-course** on **Friday, May 20** from **3:30 to 5 p.m.** will be presented during the Expo also at the lake. **Danny Fadgen** with the MJCC will be the coach.

The **Memphis in May Triathlon Weekend** kicks off on **Friday, May 20** from **3 to 7 p.m.** with the **Sports Expo** which continues on **Saturday from 9:30 a.m. until 6 p.m.** At the Sports Expo, race participants can shop and view the newest in sports gear, bikes, clothing and footwear.

The MIM Sprint Triathlon begins at 8 a.m. on Saturday, May 21. A sprint triathlon is a 1/3-mile swim, a 12-mile bike ride and 3-mile run ideal for competitors who are new to the sport. **The 34th Annual Memphis in May Olympic Triathlon begins at 7 a.m. on Sunday, May 22.** The triathlon is a .93miles (1.5 K) swim, a 24.9 miles (40K) bike ride and a 6.2-mile (10K) run.

P.R. Events Management produces fun and safe experiences that draw awareness, exposure and monetary support for the many charitable organizations with whom they partner. The Peddler Bike Shop, established in 1971, is the largest TREK bicycle dealer in Tennessee and lends support to four race teams, four cycling clubs and two bicycle cooperatives in Memphis.

For information on all P.R. Event Management upcoming races and registration, go to www.pr-eventmanagement.net.

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