

# Free Tri Expo May 18th 10:00am to 3:30pm at SwimLabs in Highlands Ranch

Dear Coach,

Please be our guest... we are hosting a **FREE Triathlon Expo** with booths from multiple tri companies, workshops, and lecture series on May 18th from 10:00am to 3:30pm. Location: 5640 E. County Line Place (just south of Holly Rd. and County Line Rd.) Please come ready to test out the latest equipment and technology for swimming, biking and running!

Sincerely,

SwimLabs Staff



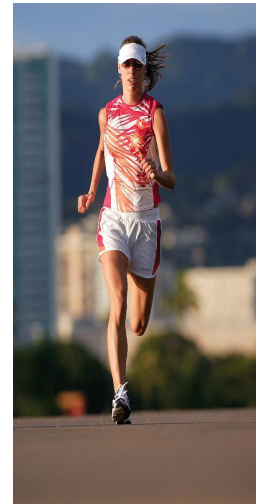
## Bike Source



Bike Source will be doing bike fits at the Expo and will have a look at some of the latest in Tri bikes.



Check out the lecture times below. All lectures are free and available to all Expo attendees!



Skins will have running accessories, shoe fits, and stride analysis.

**SwimLabs**  
*Swim faster... faster*

**SwimLabs Swim Demo:**

Call us to sign up for a 15 minute free stroke analysis only at the Expo. 303-798-7946



SwimLabs, Finis, Endless Pools, Dartfish and Orca will have product demos available all day, please call to confirm your stroke analysis time. 303-798-7946

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## Expo Lecture Series

11:00am Voni Oerman:

Training basics for open water distant swimming-Voni's resume includes -English Channel-Manhattan Island Marathon swim 28.5 miles-Open water Nationals 10K 3rd place- National Master Water Polo player

12:00pm Bike Source: Chas Runco

Bike fit essentials how pedal fit effects aerodynamics, power output and flexibility.

1:00pm Kathy Zawadski

International Center for Performance & Health

Nutritional needs for the triathlete, what to eat before,during, and after the event.

2:00pm Ken Sheridan DC,CCSP,CSCS

Ken will review the 6 best stretches for triathletes

3:00pm Catalyst Therapies:

Running form: what you need to know to prevent injuries

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The Subaru Elephant Rock will be offering cyclists your first chance of the year to register in person for the 2008 ride at their booth. You will be able can pick-up your bike number, packet, T-shirt and water bottle when you register.



SwimLabs [www.swimlabs.com](http://www.swimlabs.com)

5640 E County Line Place

Highlands Ranch, CO 80126

303-798-7946

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