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Sportsplex Stamford

Triathlon Bike Clinic

With Elite Certified Triathlete Coach Peter Berrisford

Friday May 15th 12:00-1:00pm



Bring your bike shoes, water bottle and the riding gear you are planning to use in the race.

Peter will take you “for a ride” in the spin studio as he reviews:

- Biking strategy & efficiency
- Practice drills
- Safety
- Nutrition & hydration
- Transition from bike to run

Limited to 24 participants

Sign up at front desk or contact Andre apounds@sportsplex-ct.com

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- **Bring a Guest:** Activate a [Mini-Membership](#).
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Sportsplex Stamford
49 Brownhouse Road
Stamford, Connecticut 06902

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