



FAST WHEELS, LOW GEARS AND TRANSITION TWISTS: IT'S TRIATHLON CAMP!

On June 6 and 7, Tri Bike Run in Juno Beach hosted a two-day triathlon camp aimed at first-time competitors. The camp was geared towards training for the upcoming Dr. Frank Cook Memorial Super Sprint Triathlon, benefitting the Loggerhead Marine Life Center. USA Triathlon coaches Tommy Allore and Amber Allore did their best to wear out ten new triathletes with Computrain cycling sessions, interval runs, open water entry/exit drills, bike mount/dismounts and transition techniques.

While the main point was to enjoy the two half-day sessions, there was a serious side to camp:

It is about getting a time you're proud of, and also about finishing the race well. Whether it's your first race or your hundredth, the bottom line is this: it's a challenge to do any triathlon, but it's a thrilling challenge to finish.

It's also about being safe: taking care of yourself (there was a nutrition session during camp) as well as use and care of your equipment (changing flat tires, gear to have and positioning on your transition mat, preventing blisters with proper footwear).

Camp teaches you the literal rules of the road: hand signals on the bike, how to avoid obstacles (and help your fellow riders do the same), how to ride in a pack, how to pass and how to maintain triathlon-legal distance.

For those who fear the open water, triathlon camp is an introduction to currents, tides, waves and most important: getting touched and pushed by other swimmers, and recognizing that Jaws isn't coming for you...those are just other swimmers.

And just how do you get from the water to the bike to



the run, and not screw it all up? That's the transition, and you learn that in camp, too.

The weather was perfect both days, and Coaches Tommy and Amber, with years of experience between them, provide the been-there-done-that-learned-it-the-hard-way tips and techniques to help any triathlete get through their event.

