



# Triathlon Workshop

Improve your triathlon performance or learn how to survive your first triathlon. This workshop will break down the swim, bike and run to enhance your performance. We will discuss good technique, training strategies, injury prevention, and equipment. *This seminar is free, but you must reserve a spot because space is limited.*

## Featured Speakers:

**Darren Dutto, Ph.D**, assoc. professor of physical activity and health at EOU. Research experience includes biomechanics of swimming and running. Current coach of La Grande High School Swim Team.

**Brian Sather, Ph.D**, assoc. professor of physical activity and health at EOU. Author of *Mountain Biking La Grande, Oregon*. Director of Oregon Trail Racing cycling and triathlon team.

**Shantay Sabin, DPT**, physical therapist at Mountain Valley Therapy specializing in orthopedics and running.

**Shaun Cain, Ph.D**, asst. professor of biology at EOU. Ironman triathlete.

**Date:** May 1, 2010  
**Time** 8-12:30  
**Location:** Mountain Valley Therapy  
2519 Cove Avenue  
**Call To Register:** (541) 962-0830

## Itinerary:

8-8:15	registration, welcome	
8:15-9:00	swimming mechanics/technique, training	Darren Dutto
9:00-9:45	bicycling training and technique	Brian Sather
9:45-10:00	break	
10:00-10:45	bicycle fitting	Mountain Works
10:45-11:30	running form, training	Shantay Sabin
11:30-12:15	closing comments	Shantay Sabin