

## Transition Clinic-Mastering T1 and T2



Transitions can be considered the 4 discipline, but they tend to be overlooked. Races can be won or lost in the transition. If you have an efficient transition you can save valuable time. This clinic will teach you the ins and outs of a smoother and faster transition. Transitions have their own set of skills.

*We will cover:*

- Race Day Tips
- Tips and Tricks for Improving your Transitions Times
- Setting Up your Transition Area
- Techniques for Improving T1 and T2
- Mounting and Dismounting the Bike
- USAT Rules

This will be a hands-on clinic so you will have the opportunity to practice what you have learned for both transitions.

This is great training for the beginner as well as your seasoned triathlete wanting to perfect their transitions.

***What to bring-*** All your race "stuff". ***Everything*** that you use in a race: Swim- Bike- Run Wetsuit, swim cap, goggles, bike \*\*, cycling shoes, helmet, running shoes, socks, race belt, etc... etc...

(\*\* Note- if you have a mt bike you may want to bring it rather than road/ tri bike. The surfaces are packed dirt. It is still possible to use your road/ tri bike.)

***When:*** April 30, 2020    ***Time:*** 6-7:30pm

***Where:*** *Glisten Fit*    31 Norcross Rd, Berlin, NJ

***Cost:***

***Presented by:*** Lorrie Beck

***BIO***

Lorrie Beck is world-class triathlete and coach who has been involved with the sport for more than 25 years. She has completed a race in every state in the U.S. and in nine other countries -- and still counting. She has competed in a multitude of national and world championships, typically placing in the top 3 overall and taking 1<sup>st</sup>-place in her age group. She has been an All-American for a number of years for both triathlons and duathlons.

Lorrie loves the multi-sport community so much that she became a certified USAT coach and official, and formed two companies, Lorrie Beck Coaching and YBFit, and now coaches other triathletes. She is also a certified health/nutrition coach.

Lorrie has trained and learned from the best: Dave Scott, Mark Allen, Sheila Taormina, Siri Lindley with Mirinda Carfrae, Jamie Turner with Gwen Jorgenson, Bobby McGee, Terry Laughlin – to name a few. She regularly attends clinics and camps as both an athlete and a coach.

Awards include being named the Most Influential Coach 2018 from Triathlon Business International.

As a coach, Lorrie takes a holistic approach: training not just the physical body but also the mental/emotional aspect, as well as nutrition and lifestyle balance. She is passionate about working with athletes of all levels who want to improve their skills, performance and overall health and fitness.

As a career, Lorrie spent more than 30 years teaching high school, where she also coached cross country and track. She combines her teaching experience with her health coach training to empower and inspire others to transform their health, especially women who want to change their relationship with food and their body.

