Triathlon Queensland Skills Workshops aim to provide:

- Better Skills
- Increased Safety
- Increased Competitiveness
- Improved Results

- Workshops are open to all adults and juniors over the age of 12 (as of December 2010)
- Catering for beginners to experienced athletes
- Run by Qualified and Experienced Triathlon Queensland Coaches
- Athletes grouped appropriately depending on experience and skills
- Planned and sequential curriculum

**Bike Skills**

- Handling Your Bike
- Braking, Balancing and Cornering
- Riding with Others
- Time Trialling

**Triathlon Clinics**

- Deep Water & Mass Swim Starts
- Sighting and Navigation
- Mounting and Dismounting the Bike
- Transitions and Race Tactics

**Cost:**

Triathlon Queensland member – $10
Non-Triathlon Queensland member - $20

Please note that spectators may be subject to entry fees depending on the location the Workshops are held (ie Council Pools, Sporting Grounds)

No on day entries available - Please turn over for Registration Form

Athletes must have a roadworthy bike (with flat pedals or clip-ins), an Australian approved helmet at each session. Running shoes, goggles and swim cap also required for the Triathlon Clinics.

Opportunities will also be available for junior athletes to attain endorsement for draft legal racing. Details for these opportunities can be found on the Triathlon Queensland Website

## PARTICIPANT DETAILS - Triathlon Queensland Skills Workshop

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
<th>Workshop</th>
</tr>
</thead>
<tbody>
<tr>
<td>21st May</td>
<td>Nundah</td>
<td>1pm - 4:30pm</td>
<td>Triathlon Skills</td>
</tr>
<tr>
<td></td>
<td>Runaway Bay</td>
<td>9am - 12:30pm</td>
<td>Triathlon Skills</td>
</tr>
<tr>
<td>22nd May</td>
<td>Carina</td>
<td>9am - 12:30pm</td>
<td>Triathlon Skills</td>
</tr>
<tr>
<td>4th June</td>
<td>Nundah, Nerang</td>
<td>11am - 3pm</td>
<td>Bike Skills</td>
</tr>
<tr>
<td></td>
<td>Toowoomba</td>
<td>9am - 1:30pm</td>
<td>Triathlon Skills</td>
</tr>
<tr>
<td>25th June</td>
<td>Nundah, Nerang, Cairns, Townsville</td>
<td>11am - 3pm</td>
<td>Bike Skills</td>
</tr>
<tr>
<td></td>
<td>Toowoomba</td>
<td>9am - 1:30pm</td>
<td>Triathlon Skills</td>
</tr>
<tr>
<td>9th July</td>
<td>Brisbane, Runaway Bay, Townsville</td>
<td>9am - 12:30pm</td>
<td>Triathlon Skills</td>
</tr>
<tr>
<td></td>
<td>Hervey Bay</td>
<td>11am - 2pm</td>
<td>Triathlon Skills</td>
</tr>
<tr>
<td>30th July</td>
<td>Nundah, Nerang, Cairns, Townsville</td>
<td>11am - 3pm</td>
<td>Bike Skills</td>
</tr>
<tr>
<td></td>
<td>Toowoomba</td>
<td>9am - 1:30pm</td>
<td>Triathlon Skills</td>
</tr>
<tr>
<td>27th August</td>
<td>Nundah</td>
<td>1pm - 4:30pm</td>
<td>Triathlon Skills</td>
</tr>
<tr>
<td></td>
<td>Runaway Bay, Townsville</td>
<td>9am - 12:30pm</td>
<td>Triathlon Skills</td>
</tr>
<tr>
<td></td>
<td>Hervey Bay</td>
<td>11am - 2:30pm</td>
<td>Triathlon Skills</td>
</tr>
</tbody>
</table>

All dates and times listed for both Bike Workshops and Triathlon Clinics are for all ages. More information, including locations of Workshops, what is covered and equipment requirements can be found on the TQ Website at [http://www.triathlonqld.com.au/Athletes/TQSkillsWorkshops.aspx](http://www.triathlonqld.com.au/Athletes/TQSkillsWorkshops.aspx)

Start times for Workshops and Clinics may vary and running of the events is dependant on minimum numbers. Those registered will be informed of any change that may occur.

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### BIKE SKILLS WORKSHOP

- **Date:**
  - 21st May
  - 22nd May
  - 4th June
  - 25th June
  - 9th July
  - 30th July
  - 27th August

- **Location:**
  - Nundah
  - Runaway Bay
  - Toowoomba
  - Cairns
  - Townsville

- **Time:**
  - 1pm - 4:30pm
  - 9am - 12:30pm
  - 9am - 1:30pm
  - 11am - 3pm
  - 11am - 2:30pm

- **Workshop:**
  - Bike Skills

### TRIATHLON CLINIC

- **Date:**
  - 21st May
  - 22nd May
  - 25th June
  - 27th August
  - 30th July

- **Location:**
  - Nundah
  - Carina
  - Toowoomba

- **Time:**
  - 9am - 12:30pm
  - 9am - 1:30pm

- **Workshop:**
  - Triathlon Skills

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### PARTICIPANT DETAILS - Triathlon Queensland Skills Workshop

**PLEASE SELECT:**

- **BIKE SKILLS WORKSHOP**
  - 25th June
  - 4th June
  - 30th July
  - Nundah
  - Nerang
  - Cairns

- **TRIATHLON CLINIC**
  - 21st May
  - 22nd May
  - 25th June
  - 27th August

**SURNAME:**

**FIRST NAME:**

**ADDRESS:**

**SUBURB:**

**POST CODE:**

**DOB:**

**TASQ Licence No.:**

**CLUB:**

**PHONE:**

**MOBILE:**

**EMAIL:**

**PAYMENT INFORMATION:**

- Cash
- Cheque
- Money Order
- Credit Card
  - Visa
  - Mastercard

**Note:** American Express is not available

**Card Number:**

**Expiry Date:**

**Cardholder Name:**

**Total Amount Payable:**

**SIGNATURE:**

**MUST BE SIGNED. PARENT/GUARDIAN TO SIGN FOR CHILD UNDER 18**