

TEAM ULUA 2006 / 2007 CLINICS

Whether you're a seasoned competitor who wants to improve your time or you are just starting and know nothing about running, biking, or swimming Team Ulua is the place for you. We feature great coaching and group support with training at your level and a focus on form, body work, and fitness.

Director and Head Coach..... Jeff Swafford
Special event coordinator..... ..Tootsie Kobelansky
Marathon Coach.....Rodney Morales
Rough water / Swimming Coach Linda Kaiser
Cycling Coach..... Janice Tomashiro

Preseason Triathlon: Hono 1/2 Ironman, Honolulu and North Shore triathlon

1/20/07 through 05/18/07 Tuesday / Thursday 5:30pm. some Saturdays, Sunday. 7:00am. \$440.00

Pre season strength and bike trainer featuring the computrainer system training at the ulua fit center with out of doors training and racing on Saturday and Sunday as we ease into our Tenth year of learning, staying fit, having fun, making new friends and experiencing some great adventures!

Triathlon Season: North Shore & Tin Man

3/07 through 7/07 Tuesday / Thursday 5:30pm. and Sunday. 7:00am \$400.00

Tinman preparation has been the Heart and Soul of Team Ulua for the past 9 years. This is one of the most comprehensive clinics around. You will receive lessons and advice on run, bike and swim from skilled professionals. Great for Beginners and Novice.

Dick Evans memorial Road Race / Century Bike Ride

8/01/06 through 9/05/06 Tuesday / Thursday 5:30pm. some Saturdays, Sunday. 7:00am \$225.00

Ease your way through a century ride after learning safe and affective riding for the beginner and Novice but if you're looking for a challenge the Dick Evans 112- mile road race training is it! This training is all bike with the focus on bike skills and team work. The awesome support of the Team Ulua members throughout our 2005 Dick Evans race made the difference for the riders.

Rough water / Ocean Swim: size is limited

8/07/06 through 9/04/06 Monday / Friday 5:30pm. Saturday 8:00am \$250.00

this program focuses on ocean swimming. We will work on form, fitness and learn to navigate the ocean by better understanding water currents, winds and waves while preparing for your ocean swim. Video taping of your swim in a pool with valuable feed back on DVD to take with you.

Half-Marathon and Marathon:

8/--/07 through 12/--/07 Tuesday / Thursday 5:15pm. and Sunday. 7:00am \$295.00

Learn to train effectively. We will do coached group runs, various workouts for strengthening and speed work. We will work on proper form and pacing, crucial components for optimal performance and smart running.

It's better as a small group. With individual attention you can train smarter, get fit while learning valuable tools, tips and a few tricks that will improve your overall physical ability, decrease your chance of injury, and make training more enjoyable and your event much more fun.

Our meeting places range from Ala Moana to Hawaii Kai.

To sign up for our next program or for more information visit teamulua.com Dates and prices may change. You may also call Jeff Swafford @ Team Ulua 227-2207