

# TRIATHLON SEMINARS at the Patriot Half and Minuteman Sprint

Presented by Jason Gootman and Will Kirousis  
of Tri-Hard Endurance Sports Coaching

**Are you racing the Patriot Half or Minuteman Sprint?**  
**Come to these informative seminars the afternoon before your race and get  
race-day tips and reminders from expert coaches Jason Gootman and Will Kirousis  
of Tri-Hard Endurance Sports Coaching.**

## **Race Great!**

### **Race-Day Tactics for Maximum Success**

Friday, June 18<sup>th</sup> | 4:00-4:45 p.m.

Cathedral Camp in the Race-Registration Area

For athletes racing either race.

### **Your First Half-Iron-Distance Triathlon:**

#### **Race-Day DOs and DON'Ts**

Friday, June 18<sup>th</sup> | 5:00-5:45 p.m.

Cathedral Camp in the Race-Registration Area

For athletes racing their first half-iron-distance triathlon.

## **About Jason Gootman, Will Kirousis, and Tri-Hard**

Combining the best time-tested and cutting-edge practices, Tri-Hard coaches Jason Gootman and Will Kirousis coach driven triathletes in the Boston area, throughout New England, and around the world. Tri-Hard athletes include in their ranks numerous qualifiers for the Age-Group World and National Championships (including a World and National Champion), for the Ironman World Championships in Hawaii, and for the ½ Ironman World Championships in Florida. Jason and Will regularly present seminars throughout the Northeast and the U.S. They have spoken at international conferences hosted by the National Strength and Conditioning Association, at coach-training programs sponsored by USA Triathlon, and for over five years in a row at the annual Multisport World Conference and Expo. As two of the three founders, Jason and Will also co-direct the annual New England Triathlon Symposium. They are frequent contributors to *Triathlete* magazine, *Inside Triathlon*, and *Competitor* magazine. Their training advice has also graced the pages of the *Boston Globe*, the *Forbes* magazine website, and the Ironman website. For more information: [www.tri-hard.com](http://www.tri-hard.com).

Questions? Please contact Jason Gootman at 508.655.0719 or [jason@tri-hard.com](mailto:jason@tri-hard.com).

For more information on Tri-Hard Endurance Sports coaching, please go to [www.tri-hard.com](http://www.tri-hard.com).

For more information on the Patriot Half and Minuteman Sprint, please go to [www.sunmultisportevents.com](http://www.sunmultisportevents.com).