

Date	Clinic Name	Location	Time	Cost
4/22	Tri 101	CycleMania (65 Cove St, Portland)	9:00am	\$15
5/2	Nutrition Clinic	MCF (170 US Route 1, Falmouth)	6:00pm	\$15
5/20	BIKE to RUN	Southern Maine Community College	8:00am	\$15
5/20	RUN Preview	Southern Maine Community College	10:30am	\$15
5/24	Hands on Tire Changing	CycleMania	6:00pm	\$15
6/21	Transition - Individuals	MCF (170 US Route 1, Falmouth)	5:30pm	FREE
6/21	Transition - Relay	MCF (170 US Route 1, Falmouth)	6:30pm	FREE
7/5	SWIM	Southern Maine Community College	5:30pm	\$15
7/8	SWIM	Southern Maine Community College	5:30pm	\$15
7/12	Transition - Individuals	MCF (170 US Route 1, Falmouth)	5:30pm	FREE
7/12	Transition - Relay	MCF (170 US Route 1, Falmouth)	6:30pm	FREE
7/15	Transition - Individuals	MCF (170 US Route 1, Falmouth)	9:00am	FREE
7/15	Transition - Relay	MCF (170 US Route 1, Falmouth)	10:00am	FREE
7/15	SWIM	Southern Maine Community College	2:00pm	\$15
7/19	SWIM	Southern Maine Community College	5:30pm	\$15