

# 2009 Score This!!! Clinic Series

featuring  
**Score This!!!, Train-This!, Endurance Factor,  
 Fleet Feet Buffalo and Niezgodas Fitness Systems**

Clinic Name	Date	Location	Time
Clinic#1 - Diva Night	04.14.09	Fleet Feet Buffalo	7:30-9:30pm
Clinic#2 - Tri Night	04.22.09	Fleet Feet Buffalo	7:30-9:30pm
Clinic#3 - Beginners Clinic	05.26.09	Fleet Feet Buffalo	6:00-8:00pm
Clinic#4a - Keuka Lake Tri	06.06.09	Keuka College	3:00-3:30pm
Clinic#4b - Keuka Lake Tri	06.06.09	Keuka College	3:30-4:00pm
Clinic#5 - Beginners Clinic	06.23.09	Fleet Feet Buffalo	6:00-8:00pm
Clinic#6 - Beginners Clinic	07.27.09	Fleet Feet Buffalo	6:00-8:00pm
Clinic#7 - Summer Sizzler Clinic	08.01.09	Beaver Island State Park	8:00-10:00am
Clinic#8 - Open Water Clinic	09.13.09	Kershaw Park	8:00-10:00am

**Not sure about a course? Don't know what to wear?  
 Socks on the run? Is it OK to change in the middle  
 of the TA? What the heck is the TA?  
 What do you mean swim, bike, run and then swim,  
 bike, run again? Is the course hilly?**

Get these answers at the clinic series.



Sign up for one of these great clinics or read a more  
 detailed description about each by going to  
<http://score-this.com>

## 2009 Score This!!! Clinics Series

<input type="text"/>														
Last Name														
<input type="text"/>												<input type="text"/>		
First Name												MI		
<input type="text"/>														
Address														
<input type="text"/>												<input type="text"/>		
Town/City												State/Prov		
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Zip/Postal Code					Sex		Age as of		Birthdate mm/dd/yy					
<input type="text"/>							12/31/09		<input type="text"/>					
USAT Number										Race use only				
<input type="text"/>										<input type="text"/>				
Phone Number										ChampionChip #				
<input type="text"/>														
Relay Team Name or Club Affiliation														
<input type="text"/>														
Email Address														
<input type="text"/>														
Email Contact										*NO APP needed for the 1st two FLEET FEET Buffalo Clinics				
<input type="text"/>														
Emergency Contact Phone Number														

Medical Condition: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

<input type="checkbox"/> Beginners Clinic 05/26 - FREE	<input type="checkbox"/> Summer Sizzler Clinic 08/01 - FREE for USAT Members - \$10 non USAT Members
<input type="checkbox"/> Keuka Lake Tri Clinic 06/06 - FREE	<input type="checkbox"/> Open Water Swim Clinic 09/13 - \$15 for everyone
<input type="checkbox"/> Beginners Clinic 06/23 - FREE	
<input type="checkbox"/> Beginners Clinic 07/27 - FREE	



Mail to: 15 Ranch Trail Ct.  
 Orchard Park, NY 14127

All checks made payable to:  
**Score This!!!, Inc.** Parent/guardian  
 signatures required on race day for  
 those athletes under age 18.