



Expo
EXTRAVAGANZA

SATURDAY
Aug. 21
NOON - 6PM

Join us at REI Round Rock for pre-race PACKET PICKUP and EXPO EXTRAVAGANZA.

Clinics, Info Sessions, Q&A, Vendor Booths...& shopping!

Nutrition and apparel vendors will offer product samplings & giveaways.
Austin-area training groups will be on-hand to share information on their year-round fitness programs.

Shop for all your triathlon/fitness gear & accessories!

12:00 clinic
1:00 clinic
1:45 Q&A
2:45 clinic
3:30 clinic
4:15 clinic
5:15 clinic

OB JEN: Manage your cycle during training – Dr. Jen Mushtaler, FACOG
THE NEXT 15 HOURS: What you need - now until your toes hit the water
SUSAN SAYS: Coach Susan Farago answers all your triathlon questions
GET PUMPED UP! Race Inspiration from event beneficiary -Team Survivor
Sweet & Twisted COURSE REVIEW & USAT rules, regs & why
TRANSITION & TIRE CHANGING – BYOB ‘bring your own bike’
THE NEXT 15 HOURS: What you need - now until your toes hit the water

register for tri at www.redlicoriceevents.com