

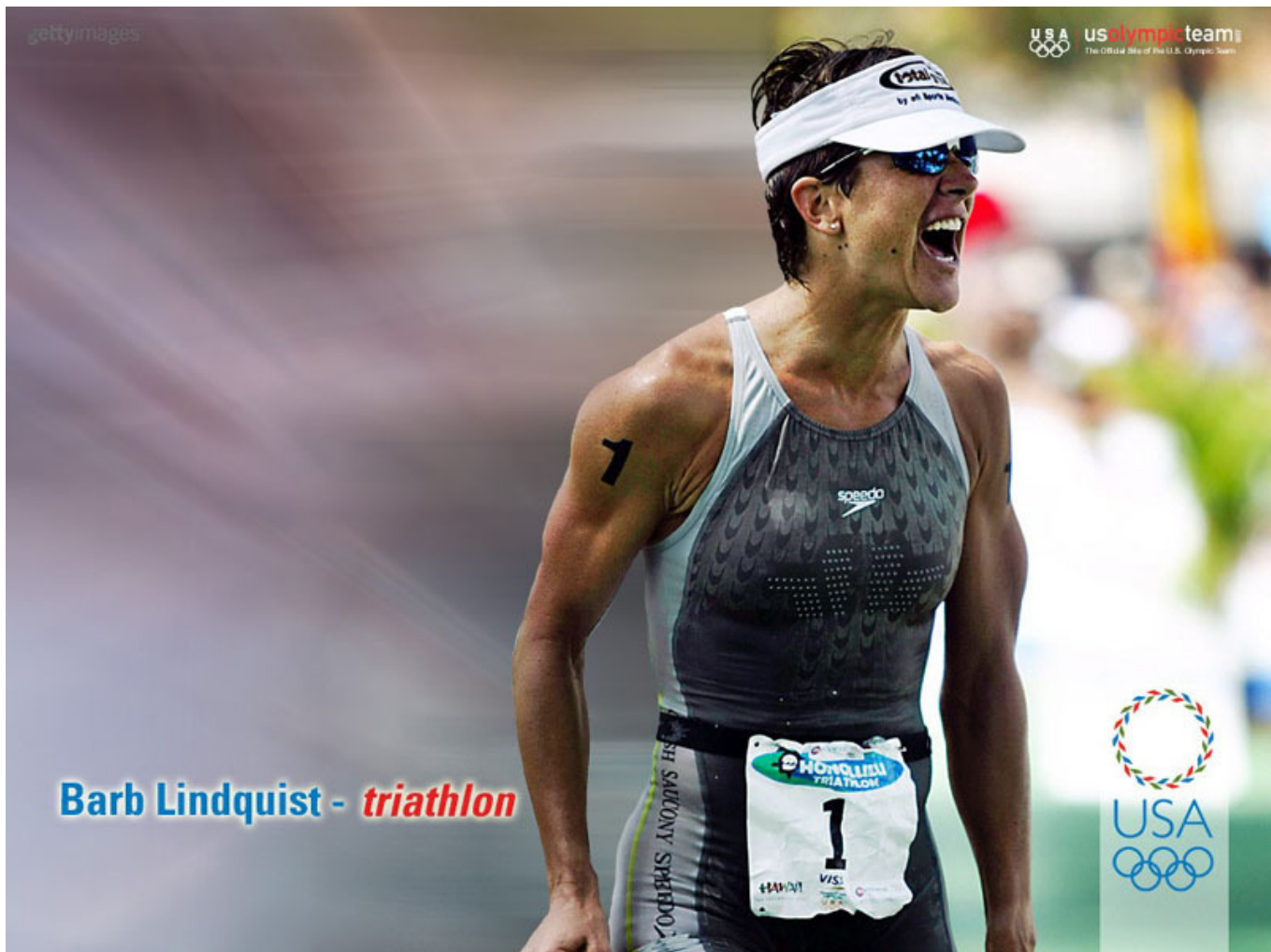
A Morning With Barb Lindquist

Triathlon Clinic

June 29, 2007

Gaston, Oregon

(Home of the 2007 USA Age Group National Championships)



*Of 134 races in her career, she won 33 and was on the podium 86 times...
2004 Olympic Triathlete...*

World #1 2003-2004, longer than any other male or female in the sport...

Member USA World Championship Triathlon Team 1996-2005 (every year as a pro)...

Top Ranked USA Woman for 6 of 10 years of racing...

Two-Time Winner of Australian Formula One Series, a feat no non-Australian has done...

*Two-Time Winner of LifeTime Fitness Triathlon, pitting men vs. women in the richest prize
purse...*

1987 Silver Medalist Pan Am Games- 400m free...

1991 Gold and Silver Medalist Pan Am Games- 800 free relay, 200 and 400m free...

The clinic will cover topics such as:

race day do's and don'ts.....organizing your time on race morning..... transition set up.....
specific tips to help with the Nationals course.....the most important aspects of swimming and
running technique“little things” that athletes can do between workouts to maximize their workouts
such as mental training, injury prevention, recovery, nutrition, and stretching.....

There will be time for questions and answers after the presentation

The clinic will take place at Wapato Valley Church (212 Front Street, Gaston, Oregon/three miles
from Hagg Lake)

Friday, June 29th, 10:00AM-Noon (Lunch provided!)

Cost: \$50.00 (payable to Wapato Valley Church)

Limited to the first 200!

(Send registration & check to: Wapato Valley Church, PO Box 570, Gaston, Oregon, 97119. This is
a fund raiser to help send young people to Young Life's Wild Horse Camp. Need more information?
Contact Eric Schmitt, (503) 985-3351 or wapatovalley@verizon.net)

BONUS: Come & enjoy another presentation from Barb Lindquist as she shares her life's story at
Wapato Valley Church, Saturday, June 30th, 5:30PM for free!

“Triathlon Clinic Registration Form”

Name: _____

Address: _____

City: _____ Zip Code: _____

E-mail address: _____

Phone number (optional) _____

Directions to clinic:

Start:

Portland International Airport (PDX): 503-460-4234

7000 NE Airport Way, Portland, OR 97218, US

End:

Wapato Valley Church

212 Front St

Gaston, OR 97119-9244, US

Directions Distance **Total Est. Time:** 59 minutes **Total Est. Distance:** 44.39 miles



1: Start out going WEST. 0.2 miles



2: Turn LEFT. 0.1 miles



3: Turn SLIGHT LEFT onto NE AIRPORT WAY. 1.9 miles



4: Merge onto I-205 S / VETERANS MEMORIAL HWY toward I-84 / PORTLAND / SALEM. 3.0 miles



5: Merge onto I-84 W / US-30 W via EXIT 21B toward PORTLAND. 5.4 miles



6: Merge onto I-5 S via the exit on the LEFT toward BEAVERTON / SALEM. 1.5 miles



7: Merge onto I-405 N via the exit on the LEFT toward CITY CENTER / US-26 / BEAVERTON. 0.9 miles



8: Merge onto US-26 W via EXIT 1D toward BEAVERTON. 15.1 miles



9: Take the JACKSON SCHOOL RD. exit- EXIT 59. 0.3 miles



10: Turn LEFT onto NW JACKSON SCHOOL RD. 0.5 miles



11: Turn RIGHT onto NW OLD SCOTCH CHURCH RD. 1.6 miles



12: NW OLD SCOTCH CHURCH RD becomes NW ZION CHURCH RD. 2.0 miles



13: NW ZION CHURCH RD becomes NW CORNELIUS SCHEFFLIN RD. 1.6 miles



14: Enter next roundabout and take 1st exit onto NW VERBOORT RD. 0.4 miles



15: Enter next roundabout and take 3rd exit onto NW MARTIN RD. 1.9 miles



16: Turn LEFT onto QUINCE ST / OR-47 / NEHALEM HWY. Continue to follow OR-47. 7.3 miles



17: End at **212 Front St** Gaston, OR 97119-9244, US