



**FOR IMMEDIATE RELEASE**  
**January 19, 2017**

**CONTACT: Pam Routh, Race Director**  
**(901) 550-2114 – [pamrunsaces@gmail.com](mailto:pamrunsaces@gmail.com)**

## **Swim Clinics Offered For** **35<sup>th</sup> Annual Memphis in May Triathlon**

**Memphis, TN** –Swim clinics are being offered to prepare for the **35<sup>th</sup> Annual Memphis in May Triathlon and Sports Expo** at **Edmund Orgill Park** in **Millington, Tenn., May 19-21, 2017**. These clinics are geared for swimmers who can already swim and are interested in becoming faster and more efficient in races. The clinics will also give athletes an opportunity to learn about the sport of triathlon and to improve their performance before the races begin.

All swim clinics will be held on the **first Tuesday of every month** from now until May from **6 p.m. to 7 p.m.** at the **Memphis Jewish Community Center** pool, **6560 Poplar Avenue**. Clinics are on **Feb. 7; March 7; April 4** and **May 2**. These clinics are **one-time classes** that require participants be able to swim at least 100 yards freestyle non-stop. **Danny Fadgen**, master swim coach and Aquatic Director with the Memphis Jewish Community Center, will be the coach.

Additionally, two **clinics** and **practice swim-the-course** will also be offered on **Friday, May 19** and on **Saturday, May 20**, during the Sports Expo at the race site in Orgill Park on Casper Lake. Clinic times to be announced.

The **Memphis in May Triathlon Weekend** kicks off on **Friday, May 19** from **3 to 7 p.m.** with the free **Sports Expo** which continues on **Saturday, May 20**, from **9:30 a.m. until 6 p.m.** At the Sports Expo, race participants can shop and view the newest in sports gear, bikes, clothing and footwear.

**The Sprint Triathlon begins at 8 a.m.** on **Saturday, May 20**. A sprint triathlon is a 1/3-mile swim, a 12-mile bike ride and 3-mile run ideal for competitors who are new to the sport.

**The 35<sup>th</sup> Annual Memphis in May Olympic Triathlon** begins at **7 a.m.** on **Sunday, May 21**. The Olympic Triathlon is a .93miles (1.5 K) swim, a 24.9 miles (40K) bike ride and a 6.2-mile (10K) run.

**P.R. Events Management** produces fun and safe experiences that draw awareness, exposure and monetary support for the many charitable organizations with whom they partner. **To register** and for information on the **35<sup>th</sup> Annual Memphis in May Triathlon and Sports Expo Weekend** and all P.R. Event Management upcoming races, go to [www.pr-eventmanagement.net](http://www.pr-eventmanagement.net).

# # #