

**11th Hudson Crossing Triathlon  
June 7, 2020  
500 yard swim/12 mile bike/5k run**

**Swim Clinic and Open Water Swim Opportunity  
June 6, 2020**

**Swim Clinic will be held at 1pm followed by an opportunity to swim in the canal**

**Water temperature will be about 66-69 degrees**

**Zone 3 wetsuits may be available to demo at the Clinic  
<https://racezone3.com/us/product-category/wetsuits/>**

**You will receive a code for a 25% discount off any Zone 3 wetsuit (no requirement to demo)**

**\*swim is at your own risk, you will need to sign a separate waiver bring your tri suit/bathing suit/wetsuit, cap, goggles and towel**

**Free clinics are presented by:  
Kristen Hislop**

**Questions? Email [hislopcoaching@gmail.com](mailto:hislopcoaching@gmail.com)  
[www.hislopcoaching.com](http://www.hislopcoaching.com)**

