

**Race Clinic with featured speakers at Sports Basement on Friday, June 6th:**

Swim, Bike and Run Talk - Friday, June 6th 6pm at The Sports Basement, 610 Mason Street, San Francisco, CA 94129

Join us for a interactive presentation and Q & A session with Escape from Alcatraz experts. This is your opportunity to get a thorough overview of this legendary swim, bike and run.

Joe Oaks and Gary Emich will cover 1) currents in the Bay, 2) landmarks and sighting, 3) what to expect on race day and 4) many other inside tips to make a successful crossing June 8th.

Coach Phil Casanta has led hundreds of amateur and professional racers through clinics on the Escape bike course and would love to share his knowledge to make your bike the best experience possible. Come, ask questions and listen to the advice of one of the bay area's best.

Rachel Sears Casanta will offer insight and tips through an interactive discourse on getting the best experience from your Alcatraz run. Learn the secrets of the sand ladder, when and where to surge or conserve, when to duck and whether or not to wear socks.

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Joe Oakes is the originator of both the ALCATRAZ CHALLENGE and the ESCAPE FROM ALCATRAZ TRIATHLON. He has been the swim director for both since 1981. Joe has completed six Hawaii IRONMAN TRIATHLONS, 130 marathons, 51 ultramarathons and a complete non-motorized circumnavigation of the earth. He is the past president of San Francisco DSE Runners, and a founding member of the Board of Governors of the original US Triathlon Federation. He has had over 200 articles published, and is the author of THE ALCATRAZ SWIMMERS MANUAL, now in its fourth printing.

Gary Emich is an "Escape from Alcatraz" swim record holder (over 520 crossings without wetsuit or fin) and co-host of the new open water swimming DVD "Lane Lines to Shore Lines: Your Complete Guide to Open Water Swimming (that includes a special 17-minute bonus feature on swimming from Alcatraz." Gary also is a Certified Level 1 USA Triathlon Coach and a regular contributor to Inside Triathlon Magazine.

From his background in professional cycling and duathlon to his more than 12 years of professional coaching, coach Phil Casanta (coach Phil) has become a much sought after speaker. Presenting more than 80 times a year to clubs, at races and clinics and for private organizations, coach Phil's talks are always lively and informative. As a "home town" course coach Phil has been involved with the Escape from Alcatraz triathlon in numerous capacities for more than 10 years. From volunteer coordinator to helping design the transition area, coach Phil has amassed an intimate knowledge of the course. Coach Phil is USAT and USAC certified and head coach of Hypercat Racing, [www.hypercatracing.com](http://www.hypercatracing.com).

Rachel Sears Casanta is a professional triathlete and 6-time ITU Team USA World Championship team member with a world championship title in duathlon. Specializing in half and full Ironmans Rachel has competed all over the world including Ironman Hawaii. To date, her favorite triathlon is still Escape from Alcatraz. In her 8 Escapes she has reached the podium 3 times including 1 win. Her top performances at Alcatraz have come from the strength of a dominating bike/run combination. Rachel credits her strong run to her background as a high school runner and as a collegiate athlete at Syracuse University. Rachel is also a coach and is certified by USA Track & Field (Level I) and USA Triathlon (level II). She is also the president of Hypercat Racing, an endurance sport coaching company, [www.hypercatracing.com](http://www.hypercatracing.com).