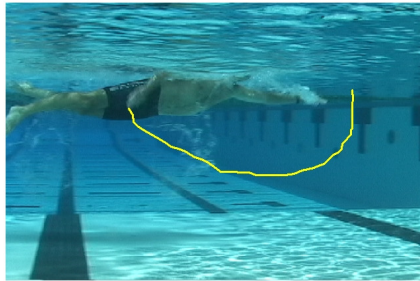


Recent Developments in Cycling



and Swimming



as Applied to Performance

Sponsored by

The Center for Aquatic Research and Endurance Sports

University of Hawaii, Manoa

Where: **Lecture Auditorium – U.H. Athletic Complex**
University of Hawaii – Manoa.
1337 Lower Campus Road.
(Entrance on the Second floor – opposite Stan Sheriff Arena ticket office).

Parking: **\$3.00 in parking structure.**

Date/Time: **Monday, March 31st – 7:00 to 9:00 pm.**

Cost: **Free to the Public.**

Program:

7:00 to 7:45 pm: **What's new in Freestyle?: The application of "motion analysis" in evaluating stroke technique.** *Jan Prins, Ph.D.*

7:45 to 8:30 pm: **Myth and Science in Cycling and Triathlon: Part I.** *Michael McMahon, Ph.D.*

8:30 to 9:00 pm: **Discussion & Questions**

For more information contact: jprins@hawaii.edu

Presenters:

Jan Prins has worked with Triathletes and Master's Swimmers since 1978. He is currently an Associate Professor in the Department of Kinesiology at the University of Hawaii, where he teaches Biomechanics and directs the Aquatic Research Laboratory. He has been a Division I Varsity Swimming Coach, and coached at both the Olympics and Paralympics. He contributes a column featuring the Biomechanics of Swimming for Swimming World Magazine. His recent manuscript published in the Journal of Swimming Research focuses on the biomechanics of "body roll" in swimming.

Michael McMahon has coached the complete spectrum of endurance athletes from beginners to professional including two time Olympians, Brigitte McMahon, triathlon gold medalist in the 2000 Sydney Olympics (10th in Athens), and Reto Hug, former European, World Cup, and Swiss Champion. As an exercise physiologist and coach, he draws upon his unique combination of experiences (a former professional triathlete with a doctorate in physiology and 20 years coaching athletes of all abilities) to help everyone he works with achieve their goals.