

Lake Tahoe Tri Training Camp

Brockway Springs Resort

MAY 24-27, 2013 ♦ MEMORIAL DAY WEEKEND ♦ KINGS BEACH, CA



Be Fully Prepared.

Join our experienced coaches and staff Memorial Day weekend 2013 for an **all-inclusive**, long course triathlon training camp experience that will prepare you for racing Lake Tahoe and beyond. Build the confidence, skills, and mental strategies that will set you up for a season of success!

Be Expertly Guided.

With stunning accommodations less than a mile to Kings Beach on North Lake Tahoe, you'll enjoy supported **open water swims** with tips and advice from our USAT Certified coaches.

Bike the Ironman® Lake Tahoe course, aided by our support vehicle and pro bike mechanic. If you train with a power meter, we'll help you develop a power profile and strategy for race day.

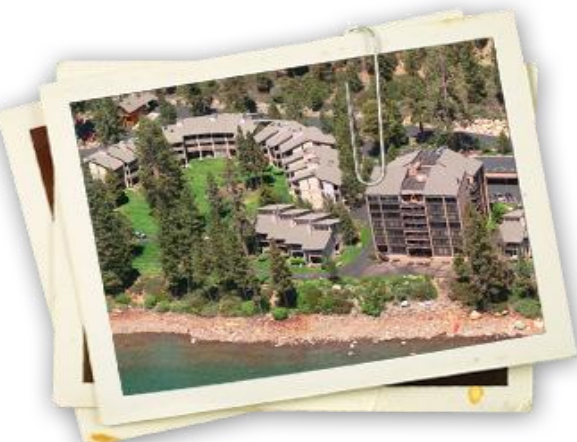
Experience the 26.2 mile run course with equal parts encouragement and course knowledge provided along the way. Multiple-time Ironman® finishers and special guest athletes will be your guides.



Be Incredibly Supported.

We take care of every detail, while you focus on swimming, biking, running, and recovering. Our goal is simple: take great care of you by providing the best possible environment for your training.

And that means spectacular lodging, airport transfers, delicious meals, veteran coaches, the camaraderie of like-minded athletes, and fully supported training. Come and train with us in one of the most beautiful settings for triathlon in the world!



SPACE IS LIMITED – SECURE YOUR SPOT. EMAIL TAHOECAMP@GMAIL.COM TO SIGN UP.



LAKE TAHOE TRAINING CAMP EXPERIENCE ♦ MAY 24-27, 2013

What's Included - Everything You Need

3 nights of Deluxe Townhouse/Condo accommodations at Brockway Springs Resort, Kings Beach CA
 Private rooms, shared kitchen, living areas, washer/dryer, lake views and every amenity you expect
 All meals, tips and beverages – 2 nice dinners out, 2 lunches, and a farewell dinner at Brockway
 Stocked kitchen for breakfast items and snacks – your preferences
 Shuttle Transfer from/to Reno Airport (Bike-friendly Southwest Airlines flies to Reno)
 Supported open water swims, full bike course rides, and marathon course runs with our coaches
 Certified bike mechanic to support our rides, and help you with bike assembly/breakdown
 Power file analysis and assistance with your bike course plan
 Mental strategies, tips, race day advice, and encouragement
 Nutritional support for your swim/bike/run
 Cycling jersey and MANY more “special goodies” for our triathletes
 Camp staff with vast experience in taking care of the needs of long-course triathletes

Pricing

\$1,450 U.S. per person
 Airfare not included.

Early Bird Discount

Register for camp and pre-pay in full by 8/31/12
 and enjoy a **\$100 early bird discount.**

Simple Terms

We require a \$500 deposit to secure your spot. The balance is due on or before April 1, 2013. If you need to cancel prior to April 1, 2013 we'll issue a refund. Any cancellations after April 15, 2013 are not eligible for a refund, however we'll work with you to fill your spot from our waiting list.

Register Today

Email Kelli Eldridge at tahoecamp@gmail.com to arrange your deposit and registration. All rooms are private, but condo room assignments for are made on a first-come, first-served basis. Space is limited to just 20 athletes. We'll maintain a waiting list in the event a slot opens up.

Stay with us Race Week

We're back at Brockway Springs for race week accommodations in September 2013. Details coming soon for some great services to help you enjoy a relaxing race week in Kings Beach, less than a mile from the swim start. Those who camp with us will have priority for race week lodging.



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SKINSTRONG.COM



CERTIFIED COACH