



CUSTOM CYCLING VACATIONS

LIFECYCLE
ADVENTURES

Spring 2014 Triathlon Camp in Marin County, California

Join me for a week of fantastic endurance training in a triathlete's paradise! This 6 day/5 night camp will be professionally organized, supported, and run by LifeCycle Adventures. During this time we will enjoy riding, running and swimming in and around Mill Valley, Sausalito, Tiburon, San Francisco, Stinson Beach, Point Reyes, and many other gems in Northern California.

Now accepting reservations! Please contact us to make your reservation as space is limited. Email nicole@neoendurancesports.com to reserve your space before it fills!

Camp Dates: Sunday, March 23, 2014 – Friday, March 28, 2014

Camp Base Location: Mill Valley, California

Benefits	Includes
<ul style="list-style-type: none">• Daily one-on-one sessions with Coach Nicole• Experience training in open water, riding in challenging terrain, and running on renowned trails and paths• Nutritional guidance for training and recovery• Learn how to optimally recover• Learn proven race preparation strategies that will save you time and stress during your race week• Expand your network of triathletes!	<ul style="list-style-type: none">• All accommodation (double occupancy with option to upgrade to private room)• All meals are customized to fit the athlete's individual needs and match the work we will be doing for that day: 5 breakfasts, 5 lunches, and 3 dinners per person• Daily one-on-one sessions with Coach Nicole• A camp manager and a camp guide will help Coach Nicole ensure every training session is fully supported with en route van, bike, and kayak support.• A professional bike mechanic will clean and tune your bike everyday as well as offer any other mechanical support• All bars, gels, snacks, and hydration drinks through the week• First 30 minute massage free and massage therapy available every afternoon and evening• Yoga instruction focused on recovery techniques

Accommodation: Holiday Inn Express Mill Valley

Price: \$2499

How to reserve your spot at the camp:

A minimum 10% deposit is due to secure your reservation at the camp. Full payment of the balance is due 60 days prior to the start of the trip (January 22, 2014). Simply [go here to pay your deposit](#) securely via PayPal. Reminders will be sent regarding balance due. Deposits are fully refundable prior through December 22, 2013. See the end of this sheet for the full cancellation policy.

You may choose to pay in full. [You can do that here](#). Please contact me for other payment options.

Tentative Itinerary

Training sessions and topics subject to change to best suit the needs of the athletes. Road and weather conditions may have an impact as well. Once you are registered, we'll get you more specifics.

Day	Description
Sunday <i>Arrival</i>	<p>Athletes arrive at the accommodation. A mechanic is available to help set up bikes and fix any problems there may have been in transit. Coach Nicole will lead a shake down ride to ensure everyone's bike is OK and to help gauge the fitness and abilities of any riders who she has not previously coached.</p> <p>We will also have wet suits waiting for those who ordered them. Welcome dinner and formal introductions in the evening.</p>
Monday <i>Warm Up and Baseline Setting</i>	<p>At breakfast, we will go over the goals for the camp.</p> <p>Today will be a 30-40 mile ride with some climbing followed by a 5 mile run along the Sausalito bike path.</p> <p>After lunch, there will be a clinic on <i>Training Data: What Matters and Why</i>. We will also have one-on-one meetings with the coach. These sessions will include power analysis if the athletes are using power meters.</p> <p>Massage available by arrangement (remember your first massage is on us!) Dinner will be on your own tonight.</p>
Tuesday <i>Jump Right In</i>	<p>At breakfast we will discuss nutrition as it relates to endurance training, as well as introduce the objectives of the day.</p> <p>We will head into the San Francisco Aquatic Park or Belvedere Cove for some open water swim practice.</p> <p>The group will begin by cycling to the swim start where the support van will be waiting by the water's edge with wet suits. Suit up and jump in. After a challenging swim course, athletes will have the option to cycle and run, or SAG back to base.</p> <p>After lunch there are more one-on-one coaching sessions with massage available as before. Dinner will be tailored to match the advice on nutrition given at the start of the day.</p>

Wednesday <i>Hill Climb Time Trial</i>	<p>The breakfast topic for today is <i>Recovery</i>, after which we will go for a long ride. Part way through the ride, we lead out a self-timed time-trial up a hilly course of around an hour's duration. We then group up and cruise back to base or have the option to SAG. As usual, there are one-on-one coaching sessions in the afternoon.</p> <p>There will also be a yoga session focusing on recovery techniques, and we'll have a group dinner.</p>
Thursday <i>Long Run</i>	<p>The breakfast topic for today is <i>Race Preparation</i>.</p> <p>We will go for a long run (based on athlete ability/needs) followed by a swim while riding in between events or being transported in the van. Then we will have a late lunch with the option for massage in the afternoon and relaxation.</p> <p>Dinner will be on your own tonight.</p>
Friday <i>Departure Day</i>	<p>We'll have a wrap-up discussion at breakfast. You may choose to join a recreational loop ride and/or run. After lunch, athletes will head their separate ways with smiles, new friends, and a great week of training behind them.</p>

Also, don't forget your partner! Bring them along and LifeCycle Adventures will help guide them through a fantastic week of activities, then you'll be able to relax together after both having a rewarding day. I look forward to training with you in March! (Email me for non-participant rates and other details.)

If you have any questions about the camp, please contact me! Lifecycle Adventures and I are here to make this a fantastic experience for you from start to finish.



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Cancellation policy:

While we hope this doesn't happen, here's how we will deal with cancellations.

- **From 61 to 90 days to the start of camp (Dec 23, 2014 - Jan 21, 2014):** 90% of the full trip price is refunded. If you rebook in the future, you can reuse this deposit less an administration fee of \$150.
- **From 30 to 60 days (Jan 22, 2014 - Feb 21, 2014):**
EITHER: 50% refund
OR: No refund but 80% of trip cost will be available towards a future trip with LifeCycle Adventures (or NEO Endurance Sports and Fitness), to be used within 24 months from the start date of the original camp, less an administration fee of \$150.
- **Within 30 days of camp (Feb 22, 2014 and later):** sorry, no refund.

We strongly recommend you take out travel insurance to cover you in the event of you having to cancel your trip. We will also require all guests to sign a waiver.