



# LAKE PLACID TRAINING CAMP

This is a development camp for triathletes to train on the Ironman USA course. It is also for road bike athletes that want to get away for a great weekend of training in the mountains. Lake Placid is a small picturesque town in the Adirondack Mountains with a rich sporting history. It's a great place to bring the entire family. Athletes will be familiarizing themselves with the Ironman USA course getting to know the terrain amongst the beautiful scenery.

The camp will take place May 22-25<sup>th</sup> 2009.

## Staff and Coaches for the weekend:

### Coach Todd Wiley-

USAT certified coach  
USAT athlete development coordinator  
3x Ironman USA finisher  
-2001 10<sup>th</sup> place 9:18  
-2003 10<sup>th</sup> place 9:28  
-2006 22<sup>nd</sup> place 9:44

### Coach Rob Muller:

USAC certified coach  
USAC power based training certification  
Avid road cyclist and former triathlete  
Masters degree in engineering

There will also be other top elite athletes that will be helping out with the camp.

## Some of the things that will be included at camp:

- Ironman course preview
- Instruction on pacing and racing an Ironman
- Nutrition for Ironman racing
- Learn the tricks of racing IM USA from an experienced athlete
- Power meter demos w/ ride analysis
- Bike fit and aero position analysis
- Action photo's and video analysis
- Have a fun training weekend in a beautiful location
- Meet new people, make new friends

## Cost of the camp:

- \$175 special discount for TWiley Sport current coached athletes (call for pricing)

## What this includes:

- Support for all workouts
- Dinner for one night
- Sessions on specific topics
- Does not include room
- Goodie bag
- Hotel not included

Contact Todd at: [Todd@TWileySports.com](mailto:Todd@TWileySports.com) for more detailed information.



### Registration Form

Last Name		First Name		Email		D/O/B M/D/Y	
Mailing Address				Gender:		Age	
				M      F			
City		State	Zip	Home Phone (    )		Cell Phone (    )	
Emergency Notification (name)				Relationship		Phone (    )	
				USAT Member #		USAT Exp Date	
Have you ever done an Iron distance race:				If so which one and where:		Race PR's (mara, 1/2 mara, IM splits)	
Describe your training program:							

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date