



Lake Placid Training Camp

This is a development camp for athletes that want to get away for a great weekend of training on the Ironman USA course. 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. Space is limited so register early.

The camp will take place May 21-23th 2010.

Staff and Coaches for the weekend:

Coach Todd Wiley:

USAT certified coach
3x Ironman USA finisher
-2001 10th place 9:18
-2003 10th place 9:28
-2006 22nd place 9:44

Coach Rob Muller:

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

Rick Fesler:

6 years of triathlon racing
sprint to Ironman distance
2009 Elite Amateur Columbia
Triathlon Champion
11th overall at '09 Tri Nationals

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 experienced athletes
- Power meter demos w/ ride analysis
- Bike fit and aero position analysis
- Action photo's and analysis
- Have a fun training weekend in a beautiful location
- Meet new people; make new friends

Cost of the camp:

- \$195 for non coached TWiley Sports athletes
- \$125 for current coached athletes

What this includes:

- Support for all workouts
- Dinner for one night
- Sessions on specific topics
- T-Shirt and giveaways
- Hotel not included

Host hotel will be the Northwoods Inn

Register by filling out the attached form and send to Todd Wiley
Contact Todd at: 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, ½ mara, IM splits)	
Describe your training program:							

Signature

Date