



# Multisport Weekend Training Camp

Sponsored by:



**Cape Cod Triathlon Team**  
**Cape Cod Athletic Club**  
**Boston Performance Coaching**



**When?** Saturday and Sunday, June 19-20

**Where?** Nickerson State Park, Brewster, Cape Cod

**Who's invited?** If you want to train, learn and have a bit of fun, come! You don't need to be a member of Cape Cod Athletic Club or the Cape Cod Triathlon Team. All are invited.

## What will happen?



Scenic trail runs for all levels  
Bike rides (varying distances)  
Coached swims each day: pool and pond  
Sunday morning mock triathlon (slow-pace)  
Stretching & core-building sessions  
Roundtable and Q&A discussions



**Three certified coaches** will be present for hands-on advice:

**Ali Winslow:** *Boston Performance Coaching*: USAT Level 2 certified, 12 yrs coaching experience

**Geof Newton:** *Cape Cod's Athlete's Companion Coaching Services*, 5 yrs as a coach

**Craig Lewin:** Boston's *Endurance Swimming* program coach, USASwim coach, USA Cycling L2 coach

**How does it work?** Your choice. Cabins are available on-site at Nickerson Park's Nan-Ke-Rafe (DreamDay) camp. Or you can set up a tent for free on the grounds. Or stay at a nearby hotel or B&B (ask us for suggestions). Or commute from home.

**How will I eat?** All breakfasts, lunches and dinners from Saturday's breakfast until Sunday's lunch will be provided as part of the package price (see below). Saturday evening is a "banquet" at nearby Laurino's Restaurant.

**Can I come for one day?** Yes! And you can say yea or nay to the Saturday night group dinner

**How good do I need to be?** All skill levels welcome. Multiple pace groups for runs and bikes.



## What will it cost?

Fri.-Sat. night lodging in your own cabin, including Sat. dinner:	\$125
add'l family members for all meals incl. dinner, per	\$35
Full weekend: shared cabin incl. Sat. dinner:	\$90
Full weekend: no cabin (camping or staying off-site) incl. Sat. dinner:	\$65
One-day campers (breakfast, lunch, no dinner):	\$25
Saturday night dinner for one-day athletes, spouses, etc.	\$25

*Any surplus from proceeds benefits the DreamDay of Cape Cod camp for seriously ill children.*

**How can I learn more?** Go to: [capecodathleticclub.org/tricamp/teams/cctt/tricamp.htm](http://capecodathleticclub.org/tricamp/teams/cctt/tricamp.htm)  
or [bostonperformancecoaching.com/cccamp](http://bostonperformancecoaching.com/cccamp)