



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/teams/cctt/tricamp.htm
or bostonperformancecoaching.com/cccamp