

# Multisport Weekend Training Camp

Sponsored by:

Cape Cod Triathlon Team / Cape Cod Athletic Club



**When?** Friday eve, Saturday and Sunday, May 29-31

**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 AC

**What Will Happen?**

- Beautiful trail runs
- Bike rides (long, time-trial, or mountain)
- Coached swims
- Stretching & core-building sessions
- Nutrition clinic
- Roundtable and Q&A discussions



Two USA Triathlon Certified coaches will be present for hands-on advice



**Where Will I Stay?** Your choice. Cabins are available at the Nan-Ke-Rafe (DreamDay) camp. Or you can camp for free on the Nan-Ke-Rafe grounds. Or stay at a nearby resort or B&B (ask us for suggestions). Or commute from home.

**Can I Bring The Family?** Yes! Nickerson State Park is great for kids and SOs. Miles of trails, crystal-clear ponds, and all the ocean beaches and family activities of the Outer Cape are a short drive away.

**How Will I Eat?** All breakfasts, lunches and dinners Fri. eve-Sun. Lunch will be provided as part of the package price (see below). Saturday evening is a "banquet" at a private room 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?

Full weekend: your own cabin, including Sat. dinner:	\$120
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 off-site) incl. Sat. dinner:	\$60
One-day campers (breakfast, lunch, no dinner):	\$25
Saturday night dinner for one-day athletes:	\$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](http://capecodathleticclub.org)