



**TRIKIRK COACHING**  
presents  
**Spring TriKirk SC Training Camp**

**What:** Learn to Tri faster at the TriKirk Coaching Spring Training Camp (a USA Triathlon Sanctioned Camp). Join coaches Kirk Nelson (accomplished 5th year pro triathlete and experienced coach) and Eric Dorsch (top AG-er-soon-to-be pro and USAT Certified Coach) for a training camp in beautiful Santa Clarita, CA. In addition to fully-supported training sessions, Kirk and Eric will be providing full swimming and running video analysis for each athlete, including critique and a CD of your video footage, as well as 1-1 personal instruction and feedback throughout the weekend. This camp is perfect for first timers and newbies up to intermediate-level triathletes. We will meet you where you are at with your current ability level in each discipline by offering A/B/C workouts for each training session.

**When:** Full-day Friday, full-day Saturday, half-day Sunday, February 12-14, 2010.  
(If you "gotta work Friday", there is also an option to join us Saturday and Sunday Feb 13-14. Save \$60 off the full camp price for the "gotta work Friday" option -- see below).

**Where:** Santa Clarita, CA -- Swim Sessions at outdoor Santa Clarita Aquatic Center, run session at local High School Track and local trails, rides on fun and challenging routes in and around Santa Clarita Valley, and general meeting for meals and clinical sessions in the Adage IT Conference Room.

**Who:** Beginners and First-timers up to intermediate-level triathletes, Males and Females, ages 16+.

**Registration Cost:** (Take \$60 off for Feb 13-14 "gotta work Friday" Camp option)  
\$270 prior to January 15 (mail-in registration must be post-marked Jan 14 or before)  
\$290 prior to January 29 (mail-in registration must be post-marked Jan 28 or before)  
\$300 prior to February 12 (NO Mail-in Option Jan 29 and after, Online Entry only!)  
\$325 First day of camp (Feb 12), on-site registration only, email [coachkirk@trikirkcoaching.com](mailto:coachkirk@trikirkcoaching.com) for location details.

*Additional \$10 USAT event license fee applies for Non-USAT members.  
Camp Registration is limited to 20 athletes per camp, so sign up soon!*

**What you get with Registration:**

1. Personal instruction and feedback from top-notch triathlon coaches (not to mention super-fast triathletes), Kirk Nelson (5th yr Pro) and Eric Dorsch (top AG athlete) -- ([www.trikirkcoaching.com](http://www.trikirkcoaching.com))
2. Full Video analysis of swimming (under/above water) and running, with yours-to-keep CD. Includes viewing/critiquing session with coaches.
3. Catered dinner Friday evening, Saturday evening, and Sunday Lunch.
4. Six fully-Coached, fully-supported, organized Training sessions! 2 swims, 2 bikes (option for a 3rd ez ride), and 2 runs.
5. Free entry into the TriKirk Racing Sponsor Raffle giveaway!! We have some amazing products we will be giving away that have been generously donated by my sponsors!
6. Complimentary snacks and full lineup of nutritional training products to use during training sessions
7. Informative talks on training, nutrition, strategy, technique, racing, as well as great opportunities to ask an experienced coach and pro anything you want!
8. Camp Goody bag with an assortment of complimentary goodies donated by TriKirk Racing Sponsors





### How to Sign up:

#### 1. Snail Mail: Available January 5 - February 5 ONLY (must be postmarked no later than Feb 5)

Fill out the form below, and mail your check (payable to "Kirk Nelson LLC") and registration form to:

Kirk Nelson  
3590 Larkspur Dr  
Longmont, CO 80503

#### 2. PayPal/Email: Available January 5 - February 11

Use PayPal checkout:

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=10552329](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=10552329)

PayPal Button can also be found at our website, [www.trikirkcoaching.com/camps](http://www.trikirkcoaching.com/camps)

In addition to PayPal payment, please fill out the .doc version electronically and email to [coachkirk@trikirkcoaching.com](mailto:coachkirk@trikirkcoaching.com)

#### 3. Onsite, Same-day Registration: February 12/13 @ 7:00am onsite only. Email

[coachkirk@trikirkcoaching.com](mailto:coachkirk@trikirkcoaching.com) or call (303) 709-4899 for location details.

Payment Type (Circle one): Personal Check OR PayPal Amount Paid: \_\_\_\_\_

Discount Code (leave blank if none): \_\_\_\_\_ USAT member (if yes, USAT #): \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

email: \_\_\_\_\_ cell phone (or day phone): \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Signed (Snail Mail) or Initials (PayPal): \_\_\_\_\_ Today's Date: \_\_\_\_\_



**Feel Free to contact us with questions! In addition to Triathlon Training Camps, we also offer a full-range of personal triathlon coaching packages, consultations, 1-1 training sessions, speaking at events, one-day clinics and workshops, and partner sponsorships.**

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cell: (815) 354-7304



## TriKirk Training Camp Schedule Santa Clarita, CA February 12-14, 2010

### Friday

7:00a.m.-8:30a.m.: Check-in, Introductions, Camp Schedule Overview, Ice-Breaker Activity @ Adage IT Conference Room

8:45 - 9:30am: Swim Technique/Training Talk, Adage IT Conference Room

10:30-12:00pm.: Swim @ SC Aquatic Center, under/above-water video. A = ~3000 yards, B = ~2000 yards, C = ~1000 yards.

12:00 - 1:00: Lunch on own

1:00 - 5:00: hilly bike ride -- San Fransisquito/Bouquet/Copperhill, followed by brick run (City Bike Path/Greenway), leave from Adage IT. A = ~50 miles, B = ~35 miles, C = ~20 miles.

5:30-6:15: Catered Dinner Wahoo's, Adage IT Conference Room

6:15 - 7:00: Swim Video Critiquing/viewing, Adage IT Conference Room

7:15-8:30: Tri Talk, Q&A, Adage IT Conference Room

### Saturday

7:00 - 8:00: Camp Registration for "gotta work Friday" Feb 13-14 Camp Option

8:00 - 10:00am.: Run talk, Track Workout, video, @ Track. A = ~7 miles, B = ~5 miles, C = ~2-3 miles.

11:00 - 12:30pm: swim @ SC Aquatic Center. A = ~3500 yards, B = ~2300 yards, C = ~1000-1300 yards.

12:30 - 1:30: Lunch on own

1:45- 2:30: Run Video Critiquing/viewing, Adage IT Conference Room

2:45 - 3:30: Bike Technique/Training Talk, Adage IT Conference Room

4:00 - 5:00: Optional easy ride, Adage IT. A = ~18 miles, B = ~14 miles, C = ~10 miles

5:30-6:30: Catered Dinner Red Brick Pizza, Adage IT Conference Room

6:45 - 8:00: Tri Talk, Q&A, Adage IT Conference Room

### Sunday

8:00 - 11:00: Long, flat/rolling ride -- Newhall Ranch/CA Hwy 126 out-and-back, Adage IT. A = ~50 miles, B = ~35 miles, C = ~20 miles.

11:30 - 1:00: Catered Lunch Jersey Mikes, raffle product giveaway, general Q&A session, Adage IT

End of Camp

Kirk Nelson

[www.trikirkcoaching.com](http://www.trikirkcoaching.com)

[coachkirk@trikirkcoaching.com](mailto:coachkirk@trikirkcoaching.com)

(303) 709-4899