

## 2010 Summer Training Camp

Madison, WI  
July 30 – August 1



An exciting weekend of training and coached clinics in a small group setting presented by the USAT certified ET coaching staff.

Designed to move your training to the next level and to accommodate athletes of all ability levels, from first timers to veterans.

Clinics will cover a variety of key topics of interest to all athletes such as nutrition, transitions, flat tire changing, and mental toughness. Workouts will include open water swimming, group bike rides, and group runs on portions of the Ironman Wisconsin course and University of Wisconsin campus.



Read about our 2009 ET Summer Camp fun on the [ET-Blog](#).

**Camp Fee:** Register before June 15 - \$310 (double occ) or \$410 (single occ)  
Register after June 15 - \$345 (double occ) or \$445 (single occ)

Camp fee includes two nights lodging, Saturday food, dri-fit Camp T-shirt, and coaching services.

Camp starts Friday at 5:00pm and concludes Sunday at noon.

Refund Policy: 50% refund if cancelled prior to June 30. No refund after July 1.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Single Occupancy \_\_\_\_\_ or Double Occupancy \_\_\_\_\_

*Note: We will do our best to match you up with a roommate if you request double occupancy. If we can't, are you willing to accept single occupancy and the associated camp fee? \_\_\_ Yes \_\_\_ No*

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Payment can be made via check (made out to Experience Triathlon) or credit card.

Amount enclosed \$ \_\_\_\_\_

I would like the following amount charged to my credit card \$ \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Credit Card Expiration Date: \_\_\_\_\_

Credit Card Three/Four Digit Security Code: \_\_\_\_\_

Name or card: \_\_\_\_\_

Billing Address with zip code: \_\_\_\_\_

\_\_\_\_\_

**Please return your completed registration form and payment information to:**

**Mail:** Experience Triathlon Coaching Service  
P.O. Box 4622  
Naperville, IL 60567

**Fax:** 630-445-5822

**Email:** [coachjoe@experiencetriathlon.com](mailto:coachjoe@experiencetriathlon.com)