

# HUMAN POWERED RACING

## Triple T Training Camp Portsmouth, Ohio April 24<sup>th</sup> – 25<sup>th</sup>

### Coached Training Sessions

By

Michael Brewer & the Athletes of [Human Powered Racing](http://www.humanpoweredracing.com)

### Accommodation

Shawnee Start Park Lodge  
4404 State Route 125  
Portsmouth, Ohio 45663

It is up to the individual to book housing and check in, check out and pay your bill.  
(If you would like to share a cabin then please email me directly and I will add you to a list)

### Fee \$120.00 US

50% of the camp (non-refundable) fee due March 24<sup>th</sup> by logging onto [www.pelotonia.org](http://www.pelotonia.org) and go to the GIVE page for Human Powered Racing peloton then donate \$60.00 and in the Recognition box put ATT Ohio  
The Registration, Wavier and balance will be due April 24<sup>th</sup> on Arrival

### Camp Fee Includes:

- Camp Packet & Goody Bag
- Coached training sessions on Sat & Sun
- Support Vehicle for rides
- Pasta Dinner Sat night & Triple T race prep Discussion
- Nutrition provided by Hammer Gel for all training sessions

### Camp Schedule

Saturday, April 24<sup>th</sup>

8AM Camp Check at the lower lot by the water in the lodge entrance  
9AM Big Bike 4-6 hours with a 30min Transition Run  
5PM Dinner & Lecture/Discussion

Sunday, April 25<sup>th</sup>

8AM Meet down at the lower lot for a 1:30-2 hour Aerobic Endurance  
Soak the legs in the lake!

### Information on Participants

# HUMAN POWERED RACING

**Portsmouth, 2010**

Name:

Address:

Phone number:

Emergency contact:

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Medical Information:

Allergies, history, any other relevant information

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Length of time in triathlon, is there any other sports you participate in?

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Existing injuries, ie: hamstrings, knees, back etc.

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Please consult a physician before beginning any exercise program. This triathlon camp is a recreational camp designed to provide training and instruction in a social atmosphere. By signing below you acknowledge that you are aware of the risks associated with swimming, cycling and running and assume all such risks. Human Powered Racing, Michael Brewer, and Mike Neill assume no liability for personal injury and/or damage to property.

With my signature below I release all liability and understand that my safety remains my sole responsibility.

Participant: \_\_\_\_\_ Date: \_\_\_\_\_