



## MARK WILSON'S WEEKEND TRIATHLON CAMP Bearsville, NY November 13-14, 2010

### **ITINERARY**

(Subject to minor revision)

#### **Saturday**

8:00-9:00 am-Check-In at Coach Wilson's (370 Coldbrook Rd. Bearsville, NY 12409)

9:00-10:30 am-Run Videotaping/Instruction

10:30-11:00 am-Travel to Pool

11:00 am-12:30 pm-Swim Videotaping/Instruction

12:30-1:00 pm-Travel to Coach Wilson's

1:00-4:00 pm-Tour de Woodstock OR Trainers Inside

4:00-5:00 pm-Recovery Drink by Hammer and Tanita Scale Weigh-in

5:00-7:00 pm-Dinner: Local Restaurant (included in price)

#### **Sunday**

9:00-10:00 am-Review Videotape (Run/Swim)

10:00 am-12:00 pm-Nutrition For Training/Racing

12:00-1:00 pm-Lunch

1:00-3:00-Brick (HVTC Tri-Series Course...Swim/Bike/Run)

3:00-5:00 pm-Individual Tri-Camp Summary!

#### **REGISTRATION**

The cost of the weekend tri-camp is \$395.00/person which includes dinner on Saturday evening (excludes lodging & breakfasts). Extensive Woodstock area lodging choices can be found at <http://woodstockchamber.com/lodging.html>. **Register by November 11<sup>th</sup> at [www.active.com](http://www.active.com).** Questions? Call Mark Wilson at 845-679-8602 or e-mail [mark@hvtc.net](mailto:mark@hvtc.net).



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**CAUTION:** Participating in triathlon and HVTC may cause radiant health and spiritual well-being!



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### **TRIATHLON COACH-MARK H. WILSON**

#### **Coaching Achievement**

Professional Triathlon Coach (est. 2000)  
Ironman Triathlon World Championship  
Ironman 70.3 World Championship  
ITU Short Course Triathlon World Championship  
ITU Sprint Triathlon World Championship  
ITU Short Course Duathlon World Championship  
Escape From Alcatraz  
Lifetime Fitness National Championship  
USAT All-American (Male/Female)  
USAT Honorable Mention (Male/Female)

#### **Athletic Achievement**

7-Time Finisher Ironman USA Lake Placid (10:59:40 PR)  
8-Time Survivor of S.O.S. (4:50:38 PR)  
Escape From Alcatraz Qualifier  
Ironman 70.3 World Championship Finisher  
USAT All-American

### **YOUR EXPERIENCE WILL INCLUDE:**

- Two days of intensive, focused, cutting-edge instruction in triathlon training/racing at any distance; sprint to iron.
- Expert-led sessions for your swim stroke, mental strategies, bike-fit, heart-rate monitor, nutrition, strength training, stretching, etc.
- Personal/custom triathlon-training program to reach your goals.
- All sessions are under the supervision of a Professional Triathlon Coach and USAT All-American.
- Underwater & running videotaping, plus analysis.
- Personal attention, motivation and inspiration to become a successful triathlete!
- And, of course, lots of fun!!!!



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### WHAT TO BRING

**General Clothing**-The Catskill Mountain area tends to be quite cool in the morning and evening hours and pleasant during high-sun. Sweaters and jackets are recommended.

**Swimming**-goggles, swim suit(s), nose/ear plugs, towel. Swim cap provided.

Read: *Pose Method of Triathlon Techniques* by Dr. Nicholas Romanov

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

**Cycling**-lightweight vests/jackets, booties, gloves, long cycling pants, head-cap, bike & bike trainer (in case we have to go inside) with computer that measures cadence, helmet, shoes, shorts, jersey(s), arm warmers, leg warmers, wind jacket, glasses, Chamois BUTT'r (lubricant for your bottom found at most tri-shops), gear pouch (including-spare tube, patch kit, tire levers), floor pump, frame pump, water bottles, cycling gloves.

Read: *Pose Method of Triathlon Techniques* by Dr. Nicholas Romanov

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

**Run**-heart rate monitor, shoes, running cap, jacket, running gloves,

Read: *Pose Method of Triathlon Techniques* by Dr. Nicholas Romanov

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

**Nutrition**-One of the major components to a successful triathlon or endurance sport.

Read: *The Endurance Athlete's Guide to Success* by Steve Born

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

**Classroom Sessions**-Open mind. Pad & pen for notes, etc.

Read: *The Law of Attraction* by Esther & Jerry Hicks [www.abraham-hicks.com](http://www.abraham-hicks.com)



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### **DIRECTIONS**

Physical Address:  
370 Coldbrook Rd.  
Bearsville, NY 12409

#### From NYC

- NYS Thruway 87 exit 19 (Kingston)
- After toll booth, take first right for 28 West or Pine Hill
- Go West on Rte. 28 from Kingston, NY
- Pass Rte. 375 on the right, and go about 2 miles
- look for **small, brown/yellow sign saying "Glenford"** and then veer right onto OLD Rte. 28
- go 1 mile and turn right onto Ohayo Mountain Rd. (Church is on the corner)
- make immediate left onto Glenford-Wittenberg Rd.
- go about 3 miles to stop sign and go straight
- make immediate left onto Coldbrook Rd.
- go about 2 miles and turn right into our driveway; #370 Coldbrook Rd.
- 845.679.8602

#### From Albany

- NYS Thruway 87 exit 20 (Saugerties/Woodstock)
- After tollbooth, turn left onto Route 32
- At traffic light, turn right onto Route 212
- Go through Woodstock to Bearsville
- At fork, go left onto Wittenberg Rd.
- Go about 3 miles, turn left onto Coldbrook Rd.
- Go about 2 miles, turn right into our driveway; #370 Coldbrook Rd.
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