



Training Camp Information

Location

- Twinsburg and Cleveland Metroparks

Dates

- May 3-5th 2019

Newbie Schedule

Friday

- 6pm Welcome, Run, & Social @ Paninis in Twinsburg

Saturday

- 8 am Greeting and gear up @ Twinsburg Rec
- 9am Group ride (20mi) @ Tinkers Creek SP
- 11am Tire Change / Tuneup Clinic @ Twinsburg Pavilion
- 12pm Lunch @ Twinsburg Pavilion
- 1pm Run Mechanics @ Twinsburg Track
- 2pm Transition Clinic @ Twinsburg Senior Center
- 4pm Swim Skills Clinic @ Twinsburg Pool
- 6pm Catered Dinner @ Twinsburg Activity Room
- 6:30pm Sport Injury Prevention Talk @ Twinsburg Activity Room
 - Dr Leo Kormanik
- Go home and sleep!

Sunday

- 8 am Greeting and gear up @
- 9am Brick @ South Chagrin Reservation
- 12pm Final Gathering and Goodbyes
- Optional Après Restaurant and beverages

Veteran Schedule

Friday

- 6pm Brick @ Bedford Reservation??

Saturday

- 8 am Greeting and gear up @ Twinsburg Rec
- 9am Group ride (40mi) @ ??
- 12pm Lunch @ Twinsburg Pavilion
- 1pm Run Mechanics @ ??
- 2pm Transition Clinic @ Twinsburg Senior Center or 24 hr lot
- 4pm Swim Skills Clinic @ Twinsburg Pool
- 6pm Catered Dinner @ Twinsburg Activity Room
- 6:30pm Sport Injury Prevention Talk @ Twinsburg Activity Room
 - Dr Leo Kormanik
- Go home and sleep!

Sunday

- 8 am Greeting and gear up @
- 9am Brick @ South Chagrin Reservation
- 12pm Final Gathering and Goodbyes
- Optional Après Restaurant and beverages

Pricing

- Full Weekend \$100
- Saturday only \$75

Included

- Proven ride & run routes
- Saturday Access to Twinsburg Rec's excellent facilities
- Coaching throughout the weekend
- Light Saturday Lunch
- Catered Saturday Dinner
- Gels and hydration

Gear Required

- USAT License
- Swimming Gear
- Cycling Gear

- Running Gear
- Transition Items
- Working bicycle
- CPSC Certified Helmet

Optional Gear

- Sunglasses
- Body Glide
- Extra Snacks