

# Spring Triathlon Training Camp

Join elite coaches Marisa Carter & Stacey Richardson

March 30<sup>th</sup> to April 1<sup>st</sup> 2012

in Chapel Hill, NC.



## Weekend Features:

- Workouts & Workshops include: swimming, running, epic cycling, 10-mile cycling time trial, functional strength, yoga, and TRX
- Classroom seminars covering running biomechanics, open-water swimming strategies, performance nutrition & bike-fitting
- Women's Only Happy Hour
- Open coffee bar
- Campers' cocktail hour
- Raffle & More!

## Additional Details:

- Sign-up by January 15, 2012 and receive a free Kiwami Tee!
- Registration ends March 23, 2012

Cost: \$200 until February 1<sup>st</sup>  
\$250 after February 1<sup>st</sup>

## Coaches

*Stacey Richardson*: TRISTACEY Coaching

- Pro triathlete
- Level II USAT & Level II USAC Coach
- Level I USA Track & Field Coach.

*Marisa L. Carter, MS, RN*: Evolve Multisport

- USAT Level I Coach
- Newton Natural Running Form Coach
- Elite amateur triathlete.

Contact: [stacey@tristacey.com](mailto:stacey@tristacey.com) or  
[marisa@evolvemultisport.com](mailto:marisa@evolvemultisport.com) for more  
information

\*\*Details found at  
[www.evolvemultisport.com](http://www.evolvemultisport.com) &  
[www.tristacey.com](http://www.tristacey.com)

\*\*Look for us on Facebook & Twitter!

\*\*All levels are welcome at this camp!

**Sponsors & Schwag:** \*Open coffee bar from Open Eye Cafe, socks from Balega, yoga class at Balanced Movement Studio of Carrboro, Fleet Feet coupons, Free FS race entry, Off'n Running raffle, massages with Suzanna Dupee, discounts through Matt Loder of Cary Cycle Surgeon, Farrell Partnership, and MANY MORE! \*Add YOUR name to this list! **Contact Stacey: [Stacey@tristacey.com](mailto:Stacey@tristacey.com)**