

PACEperformance has been doing running warm-weather triathlon, biking and running camps for nearly three decades. Each camp has a different focus and before each participant arrives, we make sure we have an agenda that will meet your specific needs. Tucson Arizona has become one of North America's greatest training cities for cycling, triathlon, running, hiking and yoga/core. With over 325 sun filled days, Tucson Arizona is the perfect place for an active – warm training vacation.

MT LEMON FACTOR: No City in North America has a more exciting series of different rides to pick from. Most famous is the epic, 25 mile MT LEMON ride. Start with cactus in the desert at mile zero and end the 25 miles next to the snow-boarders at the top of Mt Lemon and get your well-earned cookie or slice of pizza at the top of the mountain. Camp staff supports all riders with van support up the mountain - always.



HEATED OUT-DOOR SWIMS: We have three world class outdoor swimming pools located near the camp Condos where you will be staying. Even if you're not in a triathlon camp, there is still a chance to get a swim in over the week. Those in the tri-camps will start the week off with videotaping, and then customize your workouts based on your needs. The camp condos also have a large pool right on site (for easy swims or cooling off at the camp condos).

GREG PACE: The multiple Ironman finisher, has been coaching Triathletes for 25 years and is one of the most respected minds in triathlon. Greg has coached all levels of athletes from absolute beginners to world champion contenders.

PACEperformance has established itself as the premier age group athlete training organization. **PACEperformance** has athletes who race all over the world at every distance. Greg will be the head coach for the March 31st – April 7th Triathlon Camp.

Barrie Shepley: With 25+ years of coaching expertise, coaching athletes who have won medals at Ironman, World Championships and all race distances. Barrie and his select group of elite athletes will be joining us the **PACEperformance** camp.

ADDITIONAL COACHES: Are being added to the staff over the winter. Stay tuned for updates.

Accommodations

BOULDER CANYON CONDOS AT LA RESERVE: The primary location for most of the campers will be at the World-Class Boulder Canyon Condos at La Reserve. The condos are 1, 2 or 3 bedrooms. Each condo has a complete kitchen, living room, 1-2 bathrooms and access to a beautiful hot-tub, swimming pool, weight room and business office. A great mini-mall with grocery stores and coffee shops is located 500m from the condo.

www.bouldercanyoncondos.com/home.html

ROOM-MATES: If your looking to reduce the camp costs by sharing a room, we will do our best to identify an appropriate room-mate for you. Condos have great full cooking facilities and washer-dryer, & TV amenities.

WINGATE BY WYNDHAM HOTEL IN ORO VALLEY TUCSON ARIZONA: For those with camp arrival and departures dates outside the camp time line, we have the Wingate Wyndham hotel located 500m from the camp condos (and our base). The hotel could be used for a day before/after the camp, or as your primary camp residence (and simply purchase the non-residence CAMP OPTION) from us. The Hotel has a weight room, pool, hot-tub, comes with a great morning

breakfast AND in-room microwave and mini-fridges to allow modest in-room cooking. If we run out of camp condos, or can't find a room-mate combo for you, the Wingate Wyndham hotel may be a great option for you. See hotel details at <http://www.tucsonwingatehotel.com>

FANCY HOTELS AND SPAS NEAR BY: If you are looking to "live-it up" we have numerous Spas and Four and Five Star Hotels very close to the other camp accommodations

SPECIFIC CAMP DETAILS

TRI-CAMP FOCUS: Each athlete will be following customized programs that are designed to meet your specific needs. In general, tri-camps will focus on the biking #1, swimming #2, running # 3, core & injury prevention # 4 and hiking/seminars # 5. Individualized changes will occur based on specific participant needs.

TUCSON HIKES: Tucson has some of the most prestigious hikes in the world. Each tri and bike camp, will have 1-2 optional awesome hikes during the camp. For those who have been to previous camps, additional new hikes will be added in 2012.

VAN SUPPORT: Each camp has an option of going in the team van or having your own transport, to give you more freedom.

BIKE TRANSPORTATION: We are looking at an option of having someone drive a van down with bicycles. There will be an additional cost for the service

CAMP FEES

A \$200.00 CDN non-refundable deposit is required to save your spot; but hurry this exciting camp is limited at this time to 20 people.

Please contact Greg at PACEperformance for full pricing details at greg@paceperformance.ca

ALL CAMP FEES are in American currency, inclusive of taxes and offer:

- Daily personalized coaching and resources with world-class sport leaders
- Accommodations
- Camp goody bag filled with necessary products to improve your training experience
- 'I climbed Mt Lemon' Celebratory Souvenir Gift
- Van Support up/down the mountain (if required)
- Van support over the week if you have purchased this option
- Camp seminars
- Final camp social
- A guaranteed great time with world-class support and weather

Camps can be made longer by starting 1-2 days early or staying 1-2 days longer. A small additional fee will be included to cover the extra condo days. No extra cost for non-camp partners who are staying in your room during the camp.