

Welcome to the 2009 New Year's Triathlon Festival!



Everyone at the National Training Center in Clermont, Florida would like to thank you for your interest in our newest offerings: triathlon camps, clinics and festivals. The organization of all our new single and multi-day events has been prepared in-house by Sara McLarty, Clermont resident and professional triathlete, and by Carol Kneller, NTC Sports Medicine and Human Performance Manager. Please direct any and all questions that you have to: sara.mclarty@orlandohealth.com and carol.kneller@orlandohealth.com or call (352) 241-7144, ext 4202.

The following pages include all the in-depth and detailed information about the *Festival* but here are some of the basic components:

- **Who:** The *Participants* are triathletes of all ages and levels of ability, locals, vacationers and internationals are all welcome; the *Staff* are knowledgeable and experienced NTC employees.
- **What:** A day of fun triathlon activities in a different location with new training partners!
- **When:** Saturday, January 3rd, 2009 from 9:00am – 4:00pm
(Check in opens at 8:30am)
- **Where:** The National Training Center in Clermont, Florida
- **How Much:** \$30 for individual attendees...but, sign up with a friend, family member, or total stranger and only pay \$25 each!!
- **Why:** The Triathlon Festival is a new idea and it serves multiple purposes. First, it will re-introduce triathletes to the NTC and Clermont, Florida. This little town that grew out of orange groves is considered by

many to be the center of triathlon on the East Coast. Every type and distance of triathlon race has been contested in the warm lakes and on the quiet streets.

Clermont and the NTC are located in the heart of the 'Sunshine State' and our Festival dates reflect the ability to train here year-round. We welcome people from out of town as well as Central Florida residents. Are you on vacation or visiting family on holiday? Are you just looking for a change from your routine? Another purpose of the Festival is to introduce people who might not have met otherwise, to facilitate new friendships, and to find new training partners.

The New Year's Triathlon Festival is two days after making your new fitness resolutions! There is no better way to get on track for the 2009 season than with a fun day of triathlon activities! The Festival's final purpose is to create a fun and jam-packed day of events to kick-start your resolution. The Festival Staff will lead creative and original training methods in all three sports that will lift your morale and keep you entertained for more than one day of the New Year.



Festival Schedule:

**Please note: ALL activities will be adjusted to *your* personal fitness level.

Each session will have Beginner, Intermediate, and Advanced options.**

8:30-9:30am: Check-In & Introductions

- Report to NTC, verify registration, sign waivers
- Staff and Participant introductions & review schedule

9:30-11:00am: Bike Session

- 30 minute “Bike Skills” instruction & practice, lead by local Cycling Coach
- 60 minute group ride along Clermont’s beautiful and hilly roads
- Session will include any of the following: time trial, criterium, drafting groups, skills, hill repeats, bike maintenance& safety, etc.

11:00-11:30am: Transition Session

- Bike racks set up in NTC parking lot
- Advice and helpful hints from the pros
- “World’s Shortest Triathlon” ...race-scenario practice

11:30-12:00pm: Stretching Session

- In NTC yoga studio (or outside if weather is beautiful!)
- Led by NTC certified yoga instructor
- Focus on preventing common runner, cyclist, & swimmer injuries

12:00pm-12:45pm: Lunch

- Lunch will be provided and served outside, weather permitting
- Presentation or Q & A session

12:45pm-1:00pm: Free Time

- Chat with new friends, reapply sunscreen, change and prepare for next session, etc.

1:00pm-2:00pm: Group Run

- 30-45 minute group run on one or more of the following: roads, paved trail, cross country, track, drills, etc.
- Session will conclude with 15 minutes of strength exercises

2:00-3:00pm: Group Swim session

- Practice open water starts and exits in the zero-entry end of the pool
- Session will include one or more of the following: interval sets, drills, kicking, pulling, relays, basic stroke correction, etc.

3:00pm: Official Festival Conclusion

- Group photo
- Unlimited time for questions and comments

Festival Staff:

- **Sara McLarty** – *Festival Organizer, Professional Triathlete, USAT Certified Coach-L1*

“I have been a triathlete for over 17 years, ever since I was introduced to the sport by my family when I was 7 years old. I am very grateful for all the experiences, memories, and opportunities that triathlon has provided me. Over the years, I have realized that my passion for the sport is because I love to have fun. It is my goal to share my passion for having fun, being fit, and participating in triathlons with as many people as possible. I will welcome you to the festival with a big smile and I’m not against a good joke when the sweat starts pouring!”

- **Mary Beth Reed** – *NTC Group and Youth Fitness Instructor, Certified Yoga and PIA Pilates Instructor, AFAA certified Personal Trainer*

“Mary Beth is excited to lead you through a simple stretching routine that targets prevention of the common swimmer, cyclist, and runner injuries. She has been working in the fitness realm for five years but draws from her 20+ years running and athletic experience.”

- **Carol Kneller** – *Festival Organizer, NTC Sports Medicine and Human Performance Manager*

“I would like to welcome you to The National Training Center in Clermont, Florida. Thank you for attending our second Triathlon Festival. If I, or any of our staff, can be of assistance to you in any way, please do not hesitate to ask. We look forward to seeing you again at one of our many camps in the future.”

Items to Bring:

Swim suit
Swim cap & goggles
Towels
Cycling clothes & shoes
Helmet
Bike
Running clothes & shoes
Water bottles
Sunglasses
Sunscreen/Hat
Race belt (optional)
Water bottles
USAT Membership Card

Camp Fees

\$30 for each individual.

\$25 if you sign up with someone else (your name must be on their registration form & their name must be on your registration form in the designated spaces).

Add \$5 if you sign up on January 3rd at the Registration/Check In table.

Refunds will ONLY be given if the camp is canceled by the NTC.

USAT Sanctioned Event:

If you are already a USAT Annual Member, please bring your USAT membership card and some form of photo-ID.

If you are not a member, please be prepared to purchase a 1-Day membership for \$10 or a 1-Year membership for \$39.