



CHALLENGED ATHLETES FOUNDATION®

Presents

CAF's Dodge Paratriathlon Camp

The Official Technical Training Camp of USA Paratriathlon

DODGE

May 5 - 8, 2011 - Pensacola, FL
FOR AMPUTEES and WHEELCHAIR ATHLETES

SWIM » BIKE » RUN



Running Gait Analysis



Race Preparation



Push Instruction



Bike/HC Fit

Join the Challenged Athletes Foundation® (CAF) at the beautiful Portofino Island Resort and Spa in Pensacola, FL for the most comprehensive and in-depth Paratriathlon technical training camp on the East Coast. Open to Paratriathletes in classes TRI 1, 2, 4 and 5, this camp will maximize your performance, get you ready for the season and help you maximize your potential.

You'll receive expert classroom and technical instruction from USA Triathlon-certified coaches who specialize in Paratriathlon, as well as get tips and support from some of USA Paratriathlon's most decorated athletes. The purpose of CAF's Dodge Paratriathlon Camp isn't to get in shape in three days – it's to set you up with the tools, techniques and skills you need to succeed and reach your goals in Paratriathlon.

Join us and get:

- ⊕ Properly fit on your bike or handcycle
- ⊕ Video analysis of your swim stroke
- ⊕ Analysis of your running gait or push technique
- ⊕ On the road and on the track instruction
- ⊕ Classroom sessions focusing on proper planning, training and nutrition
- ⊕ A thorough explanation of the rules of Paratriathlon
- ⊕ Lasting friendships and much, much more

There is no cost for the camp, lodging or meals. A \$400 stipend will be provided by CAF for air travel.

Participation in CAF's Dodge Paratriathlon Camp is by APPLICATION ONLY.

Participants will be notified by April 1, 2011 if they have been selected.

To apply go to: <http://www.challengedathletes.org/ParatriCampFL>

World Class Coaching

Sergio Borges

USA Triathlon Level 3 Coach
Sergio Borges X Training

Peter Harsch

USA Triathlon Level 1 Coach
2009 USA Paratriathlon Team Director

Mark Sortino

USA Triathlon Level 1 Coach
F.I.S.T. Certified Bike Fitter

John Murray

USA Triathlon Level 1 Coach
ASCA Level 1 Coach

Jon Beeson

Co-Chair USA Paratriathlon Committee
Member ITU Paratriathlon Committee

Portofino Island Resort and Spa
10 Portofino Drive
Pensacola Beach, FL 32561
www.portofinoisland.com

For questions:
858-210-3524
travis@challengedathletes.org

