

St. Louis Triathlon Club Custom Camp

We'd love to have the opportunity to help you organize and run a successful triathlon camp for the St. Louis Tri Club. 2016 will mark our 11th season of running triathlon camps in Tucson, AZ and our unique model has proven to be not only beneficial for athletes but also incredibly fun. We focus on providing an all-inclusive experience where so our guests' daily concerns revolve around training, eating great food, sharing stories and having a memorable experience. Most of our staff have been together for eight seasons and they are a live-in staff and help with all aspects of camp. Our Camp Director, Brendan Halpin has been a pro triathlete and coach for five years and he's been directing our Tucson camps for four seasons. Lead guide, Ian Mallams, is one of the top up-and-coming pro triathletes in the US. These guys help with every element of triathlon training, from specific workouts to nutrition, to race advice to most importantly making sure everybody is having fun. Our staff is excellent at answering questions and finding the best time to provide advice. The key to a camp's success is that it's done in a very relaxed, comfortable environment.

The food that we deliver at the Cycling House is extremely important to us. Our chef lives at the house and has five years of experience of providing athletes with healthy and delicious meals. He's also at your service for any nutrition and dietary advice and can handle almost any food preference.



For the past four seasons the Cycling House has run the Big Shark cycling camp with Mike Weiss. We have a long standing relationship with Mike and the whole Big Shark/St. Louis crew.



Details

Spaces: 15 available spots as well as an off-site overflow option

Rate: \$1995 per rider

Date: TBD. Camp options include: February 9th - 14th, February 23rd - 28th,
- 5 nights/6 days

Visit this page for Tucson Camp Details: <http://thecyclinghouse.com/trip/tucson-arizona/>



Included

- All meals (chef prepared)
- Ride nutrition (bars, gels, supplements)
- Airport shuttles
- Bike build and breakdown
- Ride support, ride guides and van sag support
- Accommodations
- Nutrition, bike handling, mechanic clinics (optional)
- Run and swim workouts
- Stretching/Yoga/Core classes
- Mechanic support
- Bike rentals (+\$)
- Massage (+\$)
- Beer and Wine (+\$)



I look forward to hearing from you.

Sincerely,

Owen Gue

The Cycling House, President
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