



TCR Mountain Mania Training Camp



Are you:

1. Racing Shep Half Ironman?
2. Racing 2 Bays Trail Run?
3. Racing Ironman Melbourne?
4. Racing Ironman Western Australia?
5. Riding the 3 Peaks Challenge?
6. Racing Falls Creek Long Course, Geelong Long Course, Triman?
7. Racing another tri or running race...
8. Or, do you love the idea of training with a group in a great part of the world...

Do we have the weekend for you!!!!

Melbourne Cup weekend... October 29th to November 1st...

Harrietville with Team TCR Coaching is the place to be!



The weekend includes:

- 3 nights accommodation in dorm style rooms
- All breakfasts and dinners (lunch to be supplied by you)
- Fully coached and supervised training from qualified coaches
- Trail running in the VIC Alpine region
- Riding some of the best roads in the world including accents of the major alpine mountains in the area
- Some Nutrition Support for the weekend (you will need to BYO as well)

Costing for the weekend as follows:

Team TCR Coaching member and family pricing:

- Adults - \$375.00
- Children - \$175.00

Non Team TCR Coaching member pricing:

- Adults - \$450.00
- Children - \$200.00

Spots are limited, so a deposit of \$100 per adult is payable by the Wednesday August 31st. Balance is payable by the 21st of October.

Further information and a schedule of training options and times will be available soon. Training options for runners, cyclists, and triathletes...

Any questions then give Tristan a call at the shop **03 9598 6091**