

BBT

BRAD BEVEN TRIATHLON

TRAINING CAMP

WHEN ? : From the evening of Friday 5th to 7th August 2011.

WHERE ? : Super Sports Centre, Runaway Bay, Gold Coast
(www.rbssc.com.au)

WHAT ? An action-packed weekend of all things triathlon, including swimming (with a focus on technique correction), cycling, running, transition sessions, stretching and core strength training. All abilities will be catered for, with a particular focus on 'rapidly improving athletes', but still providing plenty for those 'hard core' athletes.

The weekend will also include a few presentations (including one from Brad Beven), and a few very special BBT 'Minute to Win It' games.

Accommodation, breakfasts and one lunch is included in the price.

HOW MUCH ? : \$300.



More info

ACCOMMODATION:

Accommodation will be 'lodge style' (one lodge can accommodate up to 36 people). There are ten bedrooms in each lodge, room configurations as follows:

- 2 bedrooms with ensuite, either twin or single share
- 8 bedrooms with shared bathroom facilities either twin, tri or quad share
- Common Room
- Laundry

FOOD:

The Super Sports Centre will be providing some catering, including:

- Breakfasts on Saturday and Sunday morning
- Lunch on the Saturday

Let Brad Beven know if you have any special diet requirements.



REGISTRATION:

Contact Brad Beven (brad@bradbeven.com, 0418774144) to register, or if you have any questions. Be quick as spaces are limited.

PAYMENT OPTIONS:

In Person: Cash provided to Brad

Electronic Funds Transfer:

Bank: NAB

A/C Name: Croc Promotions

BSB: 084 730

A/C No.: 64 457 3066

Reference: [your surname, 'Camp']



Payment must be provided no later than Friday 8th July 2011.