



2010 CAMPS

Race Specific Camps—Weekend of training to prepare you for a specific race

KINETIC CAMP: April 10-11

PATRIOT'S CAMP: Aug 28-29

Beginner Tri Camps—Crash course in triathlon to fully prepare you to race your first triathlon with a smile

POWERSPRINT TRI BEGINNER CAMP: May 1-2

3SPORTS TRI BEGINNER CAMP: July 10-11

RICHMOND TRI BEGINNER CAMP: Sept 18-19

Destination Camps—High volume/intensity weekend in beautiful Wintergreen, VA (lodging and food included)

WINTERGREEN CAMP 1: May 14-16

WINTERGREEN CAMP 2: July 30-Aug 1

Open Water Camps—Held at Huguenot Flatwater, great for all levels looking to increase comfort level and technique in the open water

OPEN WATER CAMP: June 18

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ENDORPHIN **FITNESS**.COM