

**Come train with folks who think just like you
– that suffering (and laughing!) is the key to racing faster!**

**BritFit Training and Coaching
(Jackie Miller) and Trijinx,
LLC (Melinda Yelton) are
inviting YOU to a training
camp in the NC Mountains
May 4 – May 8!!**



Coaches Jackie Miller and Melinda Yelton will host this training camp set within the beautiful NC Mountains. Our base for camp will be at ZAP Fitness Training Center (www.zapfitness.com). Located just outside Blowing Rock NC, ZAP was built to provide a permanent training facility for its elite runners. With easy access to the Blue Ridge Parkway and Moses Cone Park, ZAP provides a lodge house with rooms, all meals, a cool creek for soaking tired legs and a hot tub for comfort and relaxation!

This is the PERFECT opportunity for quality spring training for triathletes planning on a half or full Ironman event in 2011. Spots are reserved on a first-come, first-served basis and will fill fast!



CAMP INCLUDES

- Check in late afternoon, Wednesday May 4th; concluding by 1pm, Sunday May 8th
- 4 nights lodging at ZAP Fitness Center
- All meals from breakfast Thursday through breakfast Sunday
- Coach and SAG-supported bike rides of various distances on Thursday, Friday and Saturday
- Optional runs after the bike; group run Sunday
- Educational lecture from Zap Fitness Elite Running coach Pete Rea
- Cost is \$425 for current BritFit and Trijinx clients; \$500 for non-clients
- \$100 deposit will hold your spot, remaining balance due by April 1st

Contact Jackie Miller at JackieBritFit@nc.rr.com or Melinda Yelton at MelindaYelton@carolina.rr.com for reservations or for more information.