

GLIDE - RIDE - STRIDE

A 70.3 MINI CAMP
BAHRAIN - 6-9 OCT 2021



A 70.3 MINI CAMP

Welcome Message

For many of us triathletes Covid-19 marked a halt on all our racing aspirations. Now that we're back to some degree of normalcy; **Glide Ride Stride** is a mini triathlon camp here to whip you back into action. We hope that everyone's debut 70.3 race post Covid-19 marks one filled with personal bests and records; making the wait all worth while.



A 70.3 MINI CAMP

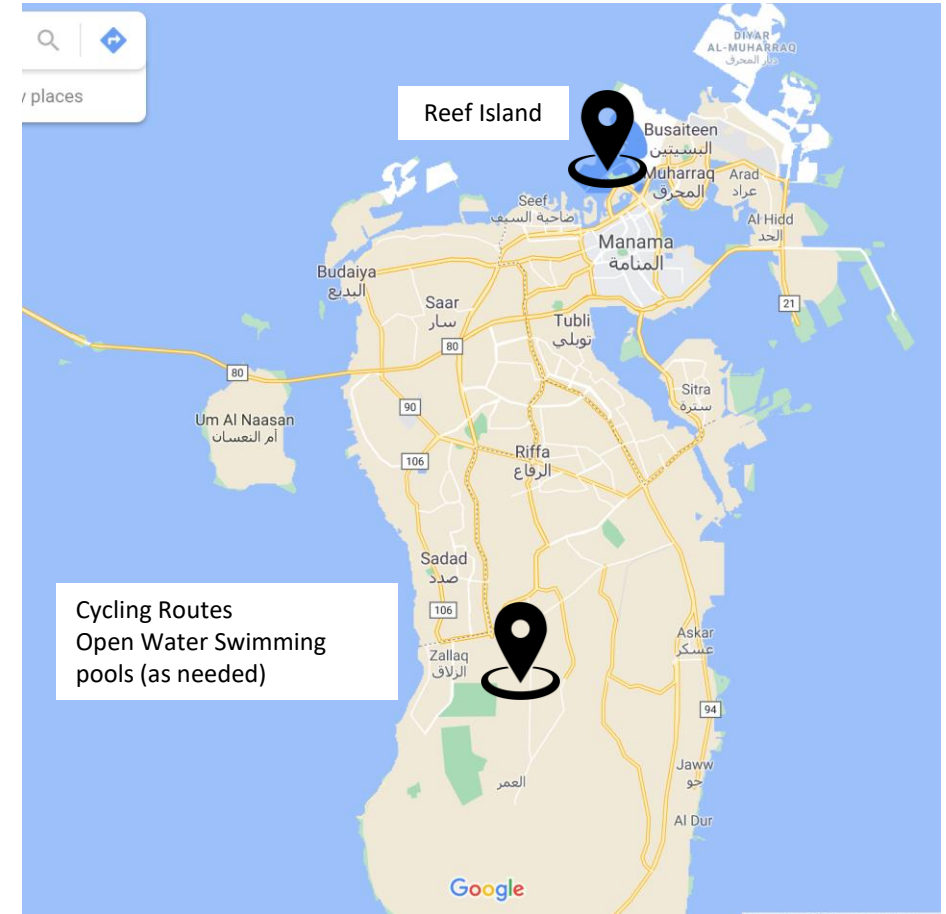
Mini Camp Objectives

- Educate:
 - Race strategy
 - Nutrition strategy
 - Pacing – understand your race pace
 - Race Mindset
 - Equipment
 - Transition
 - Training Recovery / deloading
 - Post race recover strategy
- Build 70.3 specific fitness, skills, and volume
- And of course, have **FUN**, **SOCIALIZE**, and get in the **MINDSET** of racing!



Cycling and Running Paths

- Long Rides
- Brick Sessions
- Duathlon event with transition practice
- Support crews
- Bike Mechanic support
- Detailed program will be distributed to confirmed participants.



Cycling and Running Paths



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Open Water Swimming Venue

- 50 m and 25 m open water swimming aquatic facility
- Included in camp fees
- Swimming drills, training, technique support



Program Overview – *DETAILED PROGRAM TBA*

Wednesday October 06, 2021

- Arrival & Hotel Check-in (Reef Island – Bahrain)
- Welcome Dinner

Thursday October 07, 2021

- Morning Session – Brick/ Triple Duathlon (Bike/ Run) + Transition Drills
- Breakfast
- Transition Workshop (Theory)
- Lunch
- Afternoon Session (Pool Swim + Mobility)
- Dinner/ Free Time

Friday October 08, 2021

- Morning Session #1 – Endurance Ride + 20 min Run
- Breakfast
- Morning Session #2 - Pool Swim
- Lunch
- Race Strategy & Fueling Workshop (Theory)
- Afternoon Session – Running Drills
- Dinner/ Free Time

Saturday October 09, 2021

- Morning Session #1 – Endurance Run + Open Water Swim
- Breakfast
- Morning Session #2 – Mobility
- Closing Lunch
- Hotel Check-out & Departure

What You'll Need?

SWIM	BIKE	RUN	OTHER
Goggles	Bike (preferably the one you'll be racing in)	Running Shoes	Sunblock
Head Cap	Bib Shorts/Pants	Cap	Heart Rate Monitor
Buoy	Jerseys		Glasses
Paddles	Power Meter		Street Wear
Kick Board	Bike Computer		Toiletry
Fins	Back Lights		Chargers
	Helmet		Yoga Mat
	Chamois Cream		Gels/Electrolytes/Snacks



About Your BR Coaches

Triathlon Coaches

- **Coach Joao** – (*Bio to Follow*)
- **Coach Alessio** – (*Bio to Follow*)

Mobility Coach

- **Coach Tamara** – (*Bio to Follow*)





YOUR TRIATHLON COACHES

- **Coach Joao** is BR's head coach. He is a 7-time Full Ironman finisher & competed in the 2018 Kona IM World Championship. His coaching philosophy is based on guiding people to find a stronger version of themselves through exercise.
- Previous UAE Triathlon federation head coach. Today Coach Joao enjoys working with like minded coaches, towards a simple goal of building GCC's number 1 coaching team & further develop the sport of triathlon in the region.
- **QUALIFICATIONS**; Postgraduate degree in Physiology of Exercise, only ITU Level 2 Triathlon coach in the region.
- **Coach Alessio** a strong athlete in his own right accumulating a long list of achievement racing both on the pro and amateur circuit. His most relatable achievements comes from last year's Dubai Ironman No. 1 Age group finisher (4h01m)
- As a coach, Alessio has taken athletes to multiple Kona & 70.3 championship races. While supporting amateur & beginner triathlete achieve their dreams. Coach Alessio continues to train pro Russia triathlete Kalashnikov.
- **QUALIFICATIONS**; Bachelor degree in Physical education and sport activity, Masters Degree in Sport Science, Training Peaks Coach II level, Swimming Coach II level.



MOBILITY COACH

- **Coach Tamara** Previously an avid ultra trail runner has made it her mission to empower women through sport. Today she specializes in cardio Pilates along with Pre & post natal fitness.

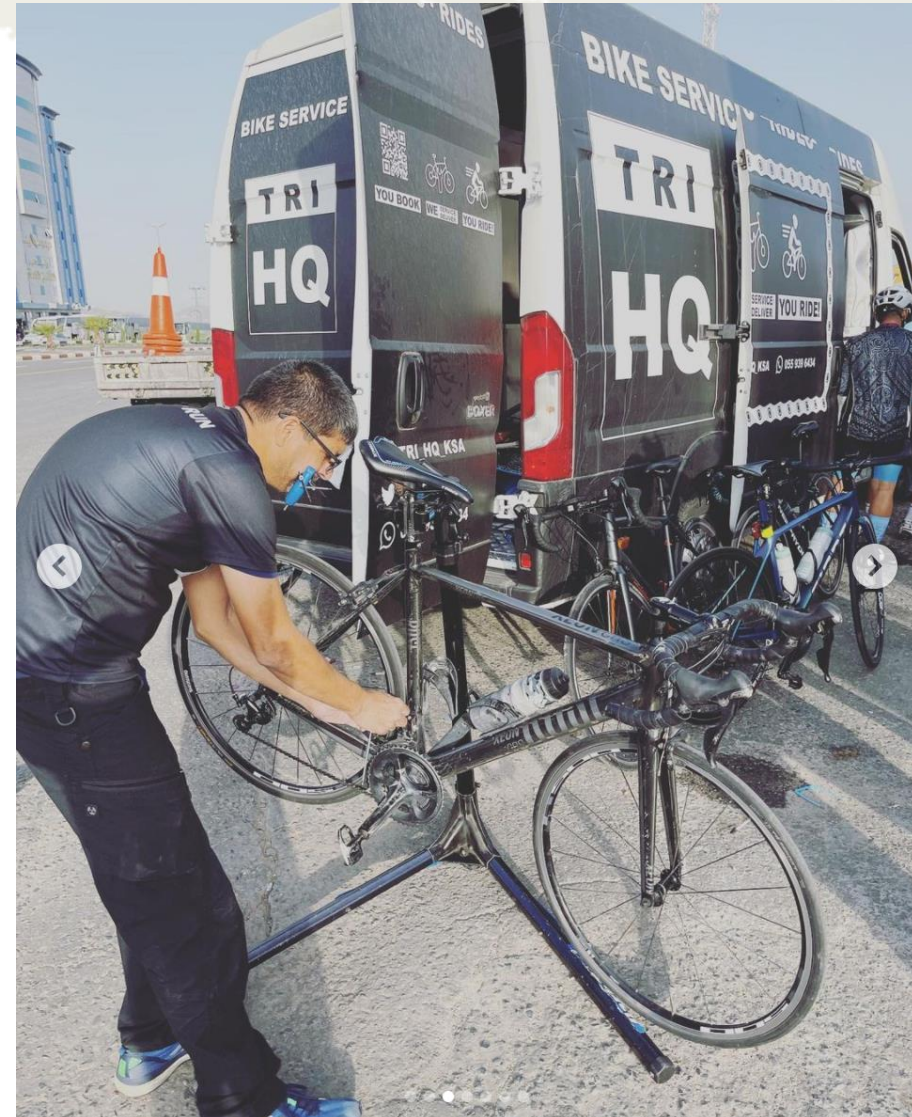
- A long-time members of our S&C team, Tamara runs our recovery and mobility program for both athletes and members. She is also a holistic health coach; developing 2 long term programs to help clients build a positive & long-lasting relationship with food.

- **Qualifications;** REPS certified, pre/post nata, INN holistic health coach, Mobility & Yoga certified.



Mechanic Support

- Aman Ahmed – senior bike mechanic
- 30+ years of experience as rider and bike mechanic technician.
- Support in new builds, box/unbox, maintenance and in camp support
- TRI HQ Van accompanying on all rides and camp needs
- Ride support and flat tire changes will be provided free of charge during the camp – consumables will be charged (tubes, tires, etc – 50 SAR ea)
- Boxing/Unboxing – 250 SAR
- Additional bike maintenance can be booked [HERE](#)



Mini Camp Fees

Category	Time of Payment	Fees
Tier 1	29 th Aug - 11 th of Sep	SAR 2,000
Tier 2	12 th – 25 th of Sep	SAR 2,300
Tier 3	26 th Sep - 2 nd of Oct	SAR 2,800
<ul style="list-style-type: none">- Fees Inclusive of Coaching, Welcome Dinner, Camp Lunch Meals, Camp Related Transportation, Safety Vehicles, T-shirt, Dry Bag, Mask, Bottle, Hydration Tabs, and Refreshments- Fees Exclusive of Air Fair, and Accommodations- Accommodation fees as stated on next slide and on registration form		



Mini Camp Accommodation – Reef Island

- Reef Island located in Seef District (close to City Center)
- Main camp accommodation venue
- Check In: 6-Oct-2021
- Check Out: 9-Oct-2021 (3 nights)
- Breakfast included
- **SAR 1,000** (per room incl taxes, and chrgs. for 3 nights)



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Registration Mechanism

Steps	Relevant Links or Information
Step 1: Fill out the Registration Form	Triathlon Mini Camp - "GLIDE-RIDE-STRIDE" (google.com)
Step 2: Transfer the Fees via any of the following:	1. TRI HQ Est. <u>Bank Transfer via SABB</u> Account #: 3582 0913 8001 IBAN #: SA82 4500 0000 3582 0913 8001 2. TRI HQ (STC Pay Account) - Arab National Bank: IBAN SA7030100942000070660366 Bank Account: 942000070660366
Step 3: WhatsApp/Email a copy of the Transfer Slip via	WhatsApp # +966559396434 or Email: info@thetrihq.com



REGISTRATION LINK / QR CODE



[REGISTRATION LINK](#)



info@thetrihq.com



tri_hq_ksa / jeddahtribe

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Disclaimer

1. This Mini Camp is limited to 30 participants only
2. Your registration is not confirmed until the Fees are fully paid.
3. Registration will close on the earlier of selling out, or the 2nd of October 2021
4. A no refund policy will strictly be enforced after the 25th of September in relation to the Fees
5. We retain the right at all times to cancel, or postpone the camp and fully reimburse you for the Fees only. We will not be liable for any other expenses, or losses incurred as a result of such cancelation e.g. expenses relating to airfare and accommodations.
6. All participants must be fully vaccinated and should provide Tawakalna (or similar) proof of vaccination or “Green/Immune” Status to attend the camp
7. You agree to and acknowledge the contents of the Declaration & Release Form (see following slide)





Declaration & Release Form




1. I, the participant hereby declare that I know that I am about to participate in a sports event that demands significant physical effort.

2. I hereby declare that I am healthy and fit for the event and have trained for it accordingly.

3. I understand that my participation in this event, under the circumstances that I am not adequately in physical form, may endanger my health.

4. I also understand the risks associated with running outdoors in the heat, riding bikes on the open road, and swimming in open water and assume all such risks, responsibility and liability for my participation in such activities as part of the Ride Glide Stride Program.

5. I am aware that the organizing committee of the event, the hosting party, the organizers, producers and sponsors will not undertake any responsibility for any harm that I may endure, including bodily harm that may occur prior to the event, during, or thereafter, nor are they responsible for any loss or damaged belongings and I release them from any claims for loss, damage or liability for the same accordingly.



6. I hereby grant permission to the production company, and the related event organizers, sponsors and partners to use any photographs and videos of me without payment or compensation for the purpose of public relations, marketing, and advertising.