



Big **Sexy** Racing



**2017 BOULDER TRAINING CAMP
APRIL 27TH-MAY 1ST**

HAVE YOU EVER WONDERED WHY SO MANY PROFESSIONAL ATHLETES LIVE IN BOULDER? HERE'S YOUR CHANCE TO EXPERIENCE THE BOULDER LIFESTYLE!

TRAINING SCHEDULE

THURSDAY:

Arrival
Easy spin or evening jog
Welcome dinner

FRIDAY-SUNDAY

Ride on IM Boulder bike course
Run IM Boulder run course
Gym strength training session
Possible open water swim*
Swim technique/drills
Nightly talks/Q&A sessions





COACHES

*GUEST COACHES AND OTHER SPEAKERS WILL JOIN

CHRIS McDONALD



Chris grew up in Albury, Australia and came from a very early sporting background of playing field. From his late teens to early 20's, he blew up to 250 pounds, and realized how much he missed sports. He took up triathlon in late 2001 and began with a 70.3 race in Forster, Australia. Since his first race in 2001, he's completed in 42 Ironman races. His personal best is 8:14 over the IM distance and 3:48 over 70.3 distance. In his athletic career, Chris has had the chance to work along side some of the great coaches and athletes in the sport of triathlon: Scott Molina, Dave Scott, and Brett Sutton, to name a few. Chris is a 7x Ironman Champion.

RICHIE CUNNINGHAM



Richie is a professional triathlete from the Gold Coast in Australia. He has been competing in triathlons for 14 years and currently lives in Boulder, CO. Richie competes in the 70.3 half Ironman, Olympic and ironman distance triathlons. His career highlights include a first place finish in the Team Relay World Championships, 2 3rd place and 2 5th place finishes in the Ironman 70.3 World Championships, and winning the Rev3 Triathlon Series.



BOULDER HIGHLIGHTS





COST: \$985

WHAT SHOULD I BRING?

- Good tires
- Clothing for hot and cool riding
- Gearing for repeated short climbs
- A wetsuit (possible open water swim option)
- Any special personal needs

WE WILL SUPPLY:

- Accommodations (Double Occupancy; individual available upon request at an increase in price)
- Spare tubes
- CO₂ for on road flats
- All on-road nutrition
- All meals and snacks*
- Bike mechanic
- Nightly presentations

Register at www.bigsexyracing.net under the Coaching/Camps section

*Please be sure to email Erika with any dietary restrictions





CONTACT INFORMATION

Erika McDonald, Camp Coordinator

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www.bigsexyracing.net

