

Blueshift Multisport Timberman Camp 2010

Welcome to Blueshift Multisport Timberman Camp 2010! We hope you have a fun and rewarding experience while training on the legendary Timberman 70.3 course!

Contact Info

** All workout & meeting times are firm. **

Coach: Matt Giunta 617-262-0266 (home)
617-816-9040 (mobile)

Gunstock Inn & Fitness Center (Room # TBD)
580 Cherry Valley Rd. (Rt 11A)
Gilford, NH 03249
800-654-0180
603-293-2021
<http://www.gunstockinn.com/>

Directions

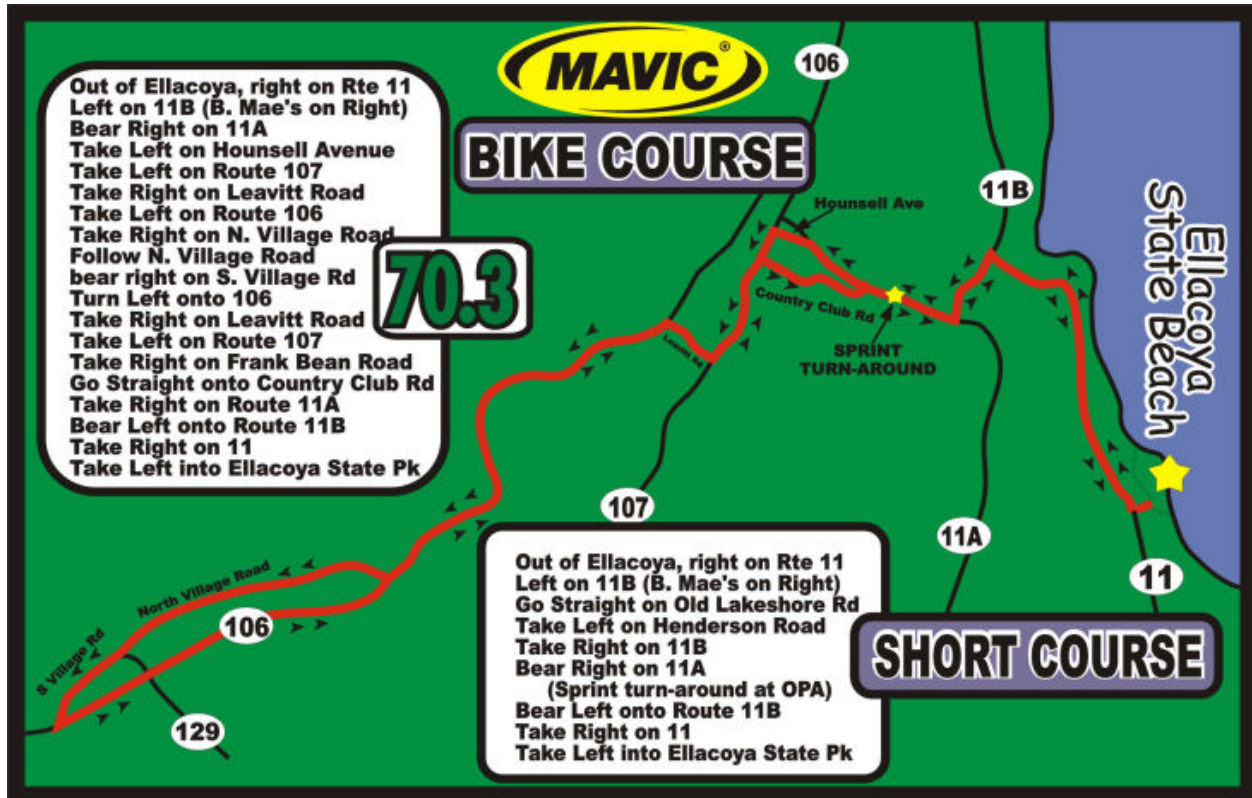
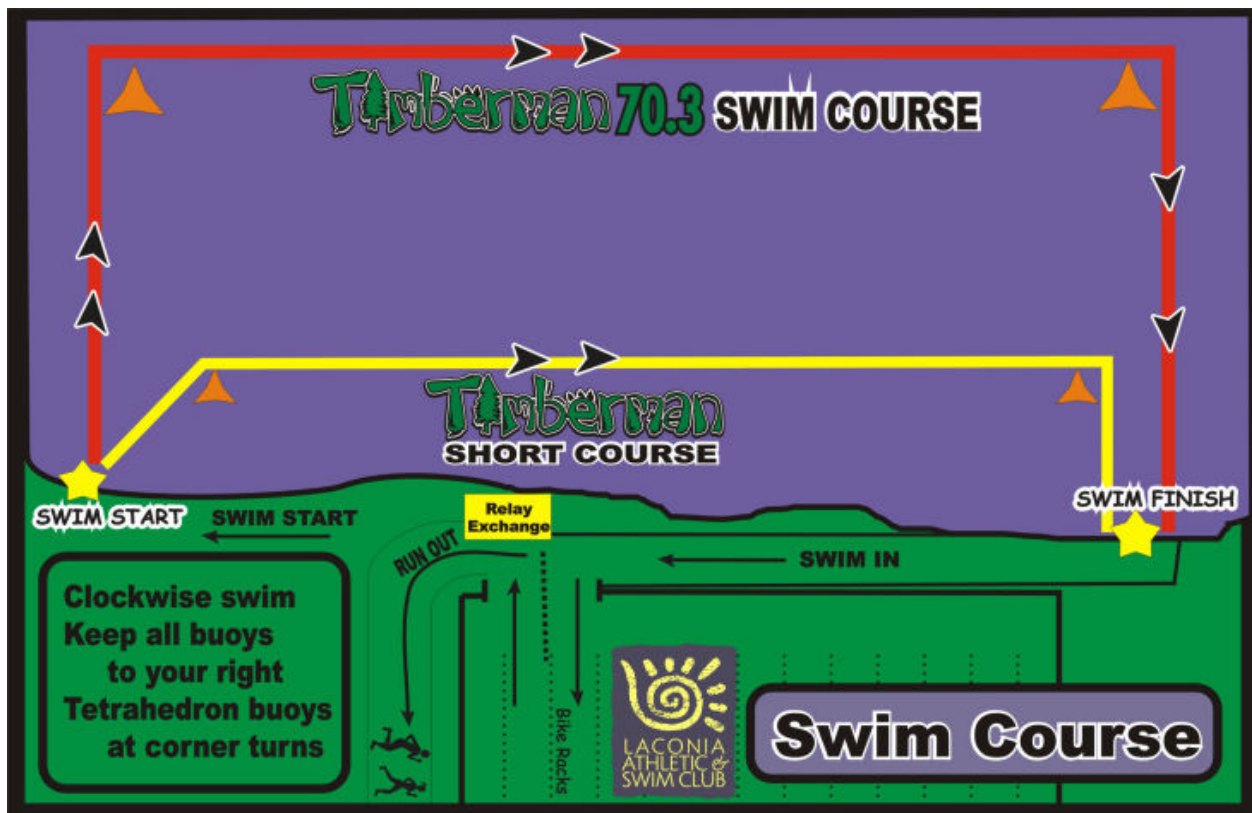
Gunstock Inn

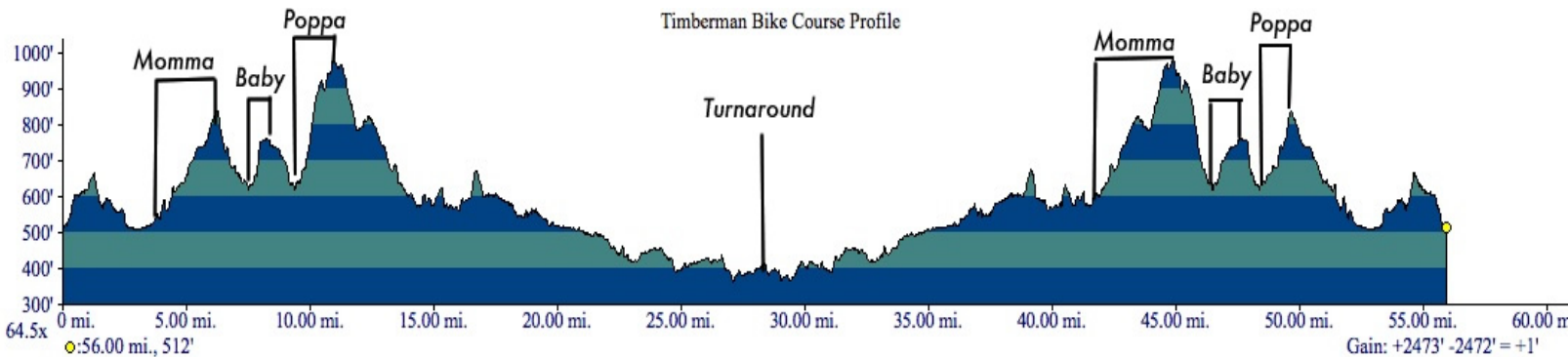
Take I-93 North to Exit 20 (Rt. 3 & 11 Tilton) Left at the end of the ramp. Continue on Rt. 3 North for 7 miles (shopping plaza on left). Take a right onto Rt. 3/Rt 11 bypass. Get off on second exit Rt. 11A. Take a right at the end of the ramp. Stay on Rt. 11A for 5 miles. Follow sign to Gunstock Recreation Area. Gunstock Inn is on the left. Take I-95 to Portsmouth, NH, then get on the Spaulding Turnpike (Rt. 16). Take Exit 15 onto Rt. 11 West. Turn left on Rt. 11A. The Inn is on your right, one half mile after the Gunstock Ski Area.

Gunstock Inn to Ellacoya State Park

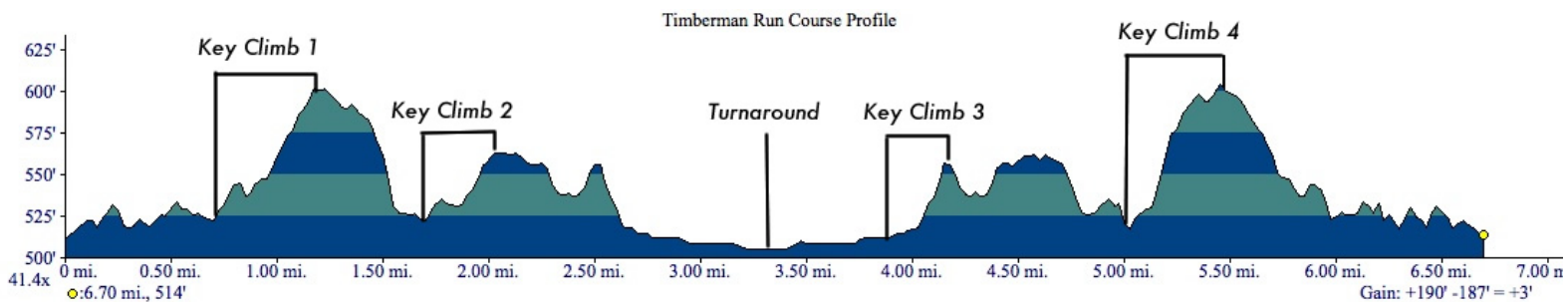
1. Turn LEFT on CHERRY VALLEY RD / NH-11A toward CHALET RD [<0.1mi]
2. Turn LEFT onto WHITE BIRCH DR. [0.6mi]
3. Turn RIGHT onto SILVER ST. [0.2mi]
4. Turn LEFT onto CUMBERLAND RD. [1.2mi]
5. Turn LEFT onto LAKE SHORE RD / NH-11 [0.3mi]
6. Stay STRAIGHT to go onto SCENIC DR. [0.1mi]

On Saturday and Sunday mornings we will meet up on Scenic Dr. by the smaller parking lot and entrance guard house (not the larger open lot where T2 is located).





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Agenda

Friday 6/11 – Day #1

Swim Clinic





Location: Gunstock Inn Fitness Center Pool Time: 4:00-6:00pm

Dinner

Location: Patrick's Pub Time: 7:00pm
(603) 293-0841

Directions from Gunstock Inn to Patrick's Pub (near B. Mae's)

1: Start out going WEST on CHERRY VALLEY RD / NH-11A toward YASMIN DR.

	2:	Turn RIGHT onto CAT PATH LN.	0.3 miles
	3:	Turn RIGHT onto INTERVALE RD / NH-11B.	0.7 miles
	4:	Turn RIGHT onto NH-11B / OLD LAKE SHORE RD.	0.1 miles
	5:	Turn LEFT onto LAKE SHORE RD / NH-11.	0.3 miles
	6:	Turn RIGHT onto MEADOWBROOK LN.	0.3 miles
	7:	Turn RIGHT to stay on MEADOWBROOK LN.	0.3 miles
	8:	Turn LEFT onto NH-11B / WINNIPESAUKEE SHORE RD.	1.5 miles
	9:	End at Patrick's Pub & Eatery: 18 Weirs Rd # 1, Gilford, NH 03249, US	

Saturday 6/12 – Day #2 (Big Day!!)

Bring ALL your gear and nutrition with you for this long swim/bike/run workout!

Swim

Location: Ellacoya State Park Time: 6:30am SHARP!!

Triathlon swimming technique session followed by 30-45' open water swim. Bring a light snack for after the swim. If you guys want, I can make a Dunkin' Donuts run! Ummm...hot coffee! Let's try to avoid any trips back to the Inn...

Bike

Location: Ellacoya State Park Time: 8:00am (rollout)

We will ride the first 28 miles at an easy pace together to get familiar with the course and talk about cycling technique, race strategy, etc. As we approach the turnaround, there's a gas station/mini-market where we can stop for a quick bite. The return trip home is a time trial at your own pace. Remember you will do a short run after this effort!

Brick Run

Location: Ellacoya State Park

Time: Various times after 11:00am

Short brick run to practice T2 issues. Day campers can run as long as you want. Full campers should keep this run to about 30 minutes. When your legs feel like lead, notice how the first mile is a steady uphill!!

Free time/Recovery

Location: ??

Time: 1:00-4:00pm








Dinner & Dessert

Location: Fratello's Restaurant (Laconia, NH)
603-528-2022

Time: 5:00pm

Jordan's Ice Cream!!

Directions From Gunstock Inn to Fratello's

	1: Start out going WEST on CHERRY VALLEY RD / NH-11A toward YASMIN DR.	1.6 miles
	2: Turn RIGHT onto CAT PATH LN.	0.3 miles
	3: Turn RIGHT onto INTERVALE RD / NH-11B.	0.7 miles
	4: Turn RIGHT onto NH-11B / OLD LAKE SHORE RD.	0.1 miles
	5: Turn LEFT onto LAKE SHORE RD / NH-11. Continue to follow LAKE SHORE RD.	2.6 miles
	6: Stay STRAIGHT to go onto UNION AVE / NH-107 / DANIEL WEBSTER HWY.	1.3 miles
	7: End at 799 Union Ave Laconia, NH 03246-5506, US	
Total Est. Time: 15 minutes Total Est. Distance: 6.93 miles		

Sunday 6/13 – Day #3

Long Run

Location: Ellacoya State Park

Time: 8:00am

After a continental breakfast at the Inn, we'll meet up again at the same place for the full 13.1 mile run (2 loops of the run course).

Camp Debrief

Location: Gunstock Inn

Time: 11:00am

After a quick shower and checkout at the Inn, we'll have a 45 minute roundtable discussion to wrap up the camp.