



## Train at one of the most beautiful sceneries in the world, the Island of Cozumel, host of the Ford Ironman 2010

### Camp Information

- Dates: September 2 to 5, 2010 and October 7 to 10, 2010
- Location: Cozumel, Mexico
- Hotel host: El Cozumeleno Beach Resort, all inclusive [www.elcozumeleno.com](http://www.elcozumeleno.com)
- Register: Register by email at [tricampcozumel@thegenesegroup.com](mailto:tricampcozumel@thegenesegroup.com) no later than July 30, 2010 (20 athletes maximum)
- Cost: \$790.00 usd per person (airfare not included)
- Family and friends (non athletes) can also come and stay at the resort at a preferred rate (email or call for more information)

### What's Included

- Hotel accommodations (ocean view room) all meals, drinks, resort activities, tips and taxes
- Welcome kit
- Coaching, lectures, and workouts
- Mechanical and vehicle escort during bike training (IRONMAN ROUTE)
- Open water swimming at Chankanab National Park (IRONMAN ROUTE)
- Food and beverage supplies during training
- Completion diploma

### What You'll Need

- Triathlon Swim Gear - goggles, swim suit or tri suit, wet suit (optional)
- Triathlon Bike Gear - bike, helmet (**REQUIRED!**), bike shorts or tri suit, water bottle, flat kit (spare tube, tire levers, portable pump or CO2 inflator), sunglasses
- Triathlon Run Gear - running shoes, run shorts or tri suit, sunglasses, hat (optional)

For more information please contact Francisco Gonzalez at [tricampcozumel@thegenesegroup.com](mailto:tricampcozumel@thegenesegroup.com) or (832) 451- 0634 in Houston, TX

