

CAMP BraveDirt

Free your dirty side.

Master the mental and physical aspects of off-road triathlons at **Camp BraveDirt**. This 3-Day Exclusive Camp will take place in an inspiring outdoor setting overlooking the mountains of San Diego. **Camp BraveDirt includes:**

- Three fun and challenging days of mountain biking, trail running and swim coaching by World Champions Lesley Paterson and Tammy Tabeek.
- Evening Fireside Chats with guest speakers who will focus on the physical, psychological and nutritional aspects of off-road triathlons.
- A simulated off-road race on day 3.
- All gourmet meals will be exclusively prepared for you by Leigh-Ann Webster, owner of 52 Healthy Weeks.
- Swag Bags and Raffles throughout the event.
- An opportunity to get to know some of the funest people out there (Yes, that includes you!)
- For out of town guests we have secured a special room rate at Sycuan Resort located right below the camp location.

CAMP DATES:

January 11, 12 and 13

Advance your skills!
Uncover hidden talents!
Learn from some of the
world's best triathletes!

Attend one of the most
inspiring off-road camps
out there. Apply to attend
CAMP BraveDirt today!

Price: \$695

(Installment plans available.)

For an application or questions, email campbravedirt@gmail.com.



Tammy Tabeek is a 4x Masters World Champion and has years of experience coaching mountain biking. She is well regarded in the San Diego sports community.



Lesley Paterson is a professional triathlete, triathlon coach and 3x World Champion in ITU and XTerra. She is the owner of BraveHeart Coaching.



Leigh-Ann Webster is the owner of 52 Healthy Weeks. She holds numerous certifications and specializes in nutrition for athletes, fitness training and goal setting.