



cavallopoint
the lodge at the golden gate

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Trifiniti Triathlon Retreat
Hosted by Triathlon Pioneer, Duane Franks

August 10-14, 2008

Program Overview:

This four-day retreat is hosted by Duane Franks - triathlon pioneer, accomplished coach, and founder of Trifiniti, dedicated to help endurance athletes achieve their goals. Duane teams up with leading athletes and instructors to help you reach your personal best. Guests have the opportunity to meet one of the authors of "A Triathlete's Guide to Mental Training," who will provide the necessary tools to reach your potential. Coach Pedro Ordenes, Alcatraz Centurion Swim director (who also holds the record for the most Alcatraz swims -currently over 500!) guides the group through an actual swim crossing from Alcatraz to San Francisco. Whether you're an experienced athlete interested in learning from the world's best, or just beginning your triathlon career, the Trifiniti Training improves your confidence and fitness.

Program Highlights:

Sunday, August 10

Check in to Cavallo Point at your leisure after 3 pm * Group welcome dinner and reception * Meet trainers to discuss personal fitness goals to focus on during the program * Schedule optional bike fitting or physiological lab testing

Monday, August 11

Coached pool workout and stroke video-taping * Lunch at Cavallo Point * Bike Skills & fit presentation by Christopher Kautz followed by a supported 2-3 hour bicycle ride through picturesque Marin Headlands, Sausalito and Tiburon * Free time for sports massage at the Healing Arts Center & Spa or mid-afternoon nap * Dinner and lecture with one of the authors of *The Triathlete's Guide to Mental Training*

Tuesday, August 12

Open water swim clinic with Coach Pedro Ordenes and his staff * Guided 1.5 mile swim from Alcatraz to San Francisco followed by a 6 to 8 mile run on the Escape from Alcatraz Course * Brunch at Cavallo Point * Enjoy free time * Join afternoon courses of strength training and flexibility * Savor a well-deserved dinner and evening presentation

Wednesday, August 13

All-day bicycle ride in beautiful west Marin * Enjoy free time to relax at Cavallo Point * Gather for lecture on sports injury or periodization * Celebrate your accomplishments with a farewell reception and dinner

Thursday, August 14

Enjoy a final breakfast at Cavallo Point.



nature



culture



nurture



adventure



Bios:

A triathlon pioneer, **Duane Franks**, 'Coach D,' has been a coach and competitive athlete for over 25 years. He is a thirteen-time Ironman® finisher who has won several titles in his age group. Duane enjoys coaching all levels of athletes. His systematic training approach has fostered his clients to 150 Ironman® finishes and resulted in several world championships and records. With an advanced degree in Exercise Physiology, Duane has worked with Western Athletic Clubs since 1994 and now runs Trifiniti, a program designed to help individuals reach their fitness goals and train for competitive fitness events.

Coach **Pedro Ordenes** holds the world record for Alcatraz swims (currently 500+!). He's also completed the only round-trip crossing of the Beagle Channel between the southern tip of Chile and Argentina, and he swam across the Strait of Magellan in 39.7 degree water. His next goal is to swim the Bering Strait from Alaska to Russia in order to promote international goodwill. His company, WaterWorldSwim, helps swimmers transition from pools to open water, and swimmers from all over the world travel to San Francisco to learn his techniques.

Dorette Sommer is known as 'Coach D2' to Duane's Coach D. Her coaching skills have been utilized for the Nike Women's Marathon, Runner's World, Shape and other women's health magazines. Her training philosophy encompasses the body, mind and spirit connection crucial to an athlete's performance. She took first in her division in a 2004 Full Vineman® triathlon.

After 15 years of physical therapy and athletic training experience, **Chris Chorak** is now the owner and founder of Presidio Sport and Medicine, where she treats each patient holistically beyond recovery to optimal health. She co-founded the Leukemia & Lymphoma Society's Team-In-Training Triathlon program. As an endurance athlete herself, Chris has completed over 100 triathlons and open water swims.

Dr. Jim Taylor and **Terri Schneider** are co-authors of *The Triathlete's Guide to Mental Training*. Jim is a former alpine ski racer who coaches athletes and senior management in maximizing their individual and team potential. Terri is a former professional triathlete and one of the top female multisport endurance athletes in the world. She has coached triathletes, adventure racers, runners, cyclists, and swimmers since 1990.

Kathy Winkler has won 22 endurance competitions since 2001. She is known as one of the most accomplished age group triathletes in the history of the sport and a two-time age group winner in the Hawaii Ironman World Championship®. Kathy will assist with the group workouts and participate in the inspirational lecture.

Jeri Howland has 30 years' experience competing in endurance sports. She won her age division in the 2002 Ironman® Austria by nearly an hour when she was 47 years old. Jeri will assist with the





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group workouts and deliver an inspirational lecture.

Nate Helming is one of the sports rising stars. Nate manages the Sports Basement's triathlon department. Nate will assist with group workouts and equipment consulting.

Christopher Kautz is co-founder of PK Cycling, a highly successful cycling studio and consulting business in the Bay Area. Christopher has worked with Tour de France riders, and Ironman professional world champions. He is a contributing writer in Triathlon magazine and writes a monthly column on endurance sports for the Marin Independent Journal. Christopher will offer individualized bike fitting services and assist with the group rides.

At-a-Glance:

- **This program is limited to approximately 24 guests.**
- **The fee is \$2115 and includes all instruction, materials, swims, individual performance assessments, most meals and hotel parking fee.**
- **2008 Sign-Up Specials: Sign up with a friend and receive complimentary lodging for two for 4 nights - a value of \$1140 or more! Or sign up alone and receive one night's accommodations free.**

Please see www.cavallopoint.com or contact our reservations staff at 888.651.2003 for more details.

