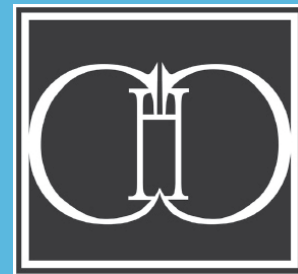




# The Challenged Athletes Foundation® presents the Craig Hospital Camp Discovery Triathlon Camp



## Who:

Women 20-years-old and up who have been affected by an injury or disease of the spinal cord (spinal cord injury, multiple sclerosis, polio, amyotrophic lateral sclerosis, spina bifida or other diseases). **Participants should be physically fit, proficient swimmers and have spent time training in a handcycle. All participants will be required to bring their own handcycles to the camp, as well as a racing chair (or plan to do the run portion of a triathlon in an everyday chair) and a helmet.**

## What:

This three-and-a-half day camp will:

- ❖ prepare participants to compete in a sprint triathlon
- ❖ build camaraderie with other wheelchair athletes
- ❖ create a support system for continued participation in competitive sport.



### Camp Director

In one instant, on September 17, 2000, Tricia Downing went from competitive cyclist to a paraplegic and full-time wheelchair user.

Her life was changed forever, but Tricia's competitive spirit and zest for

life continued on. Through her experiences in both rehab and racing, Tricia has overcome adversity and learned what it takes to perform at the top of her game. Now as a world-class physically challenged

triathlete, Tricia travels the globe racing and sharing her message of strength and perseverance. Redefining Able.

As an Iron distance triathlon (2.4-mile swim, 112-mile bike, 26.2-mile run) finisher, Tricia knows that life is an endurance sport.

As a result, Tricia and CAF have created Camp Discovery to help other women, affected by injury or disease, to reinvent themselves and find joy following a new path. Camp Discovery is your opportunity to spend time developing your mind, body and spirit connection, so that you too can Redefine Able.



## How:

Each registrant will receive a six-month training program to follow at home before arriving at camp. Participants should arrive in Colorado ready to participate in a sprint triathlon (500-meter swim, 12-mile bike, 5K run) on Sunday, August 15th. During the camp weekend, participants will learn about proper training and nutrition, equipment maintenance, race transitions and more.

## Why:

The women's wheelchair triathlon camp is to help develop competitive athletes in a fun and supportive environment. It is an opportunity to leave your limits behind and discover new interests and strengths, while meeting a group of women with the same goals and motivation.

## Where:

Housing for the Women's Wheelchair Triathlon Camp will be at the Red Lion Hotel Denver Southeast ([www.redlion.com](http://www.redlion.com)). All rooms will be single occupancy.

## When:

August 12-16, 2010: Travel plans should be made so that participants arrive by 3 p.m. on Thursday, August 12 and depart by 11 a.m. on Monday, August 16.

## Cost:

\$400, includes room, meals, program fees, 6-month training program, race entry, racing tri top, t-shirt, sunglasses and a goody bag.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone number: \_\_\_\_\_

Briefly describe disability: \_\_\_\_\_

Are there any medical considerations or restrictions we should know about in reference to fitness activities? (spinal fusions, rods, shunts, limited mobility or weakness in arms, other limitations):  
\_\_\_\_\_  
\_\_\_\_\_

- Mobility: Uses manual wheelchair       Uses power wheelchair

Self Care: All participants must be able to address personal care (toileting, bathing, eating, transfers and medications). You may have an aide accompany you. Aides must pay own hotel expenses if staying in a separate room from the participant, as well as meal costs. Please contact Camp Director if you will have someone accompanying you to camp. **SHOWER BENCHES WILL BE PROVIDED. ELEVATED COMMODE SEATS WILL NOT BE PROVIDED.** The hotel has limited roll-in showers and will be assigned **in order of registration receipt**. If you do not need a roll-in shower, please do not request one. Rooms without roll-in showers will have tubs with bath benches and shower hoses.

- Camper must have roll-in shower       Camper can make transfer from chair to shower bench within bathtub
- I will have an aide/assistant/guest with me       I will attend camp on my own

Physician: \_\_\_\_\_ Phone number: \_\_\_\_\_

Insurance Provider: \_\_\_\_\_ Policy #: \_\_\_\_\_

Food allergies/dietary restrictions: \_\_\_\_\_

Swim ability:  beginner       intermediate       advanced

T-shirt Size: \_\_\_\_\_ Racing Tri Top Size: \_\_\_\_\_

**Cost = \$400 (Make checks payable to: Redefining Able, Inc.) Mail registration forms to: Tricia Downing, Redefining Able, Inc., 761 S. Emporia Street, Denver, CO 80247**