



Key West Florida Training Camp March 15-21st

Jump-start your 2010 season with our 6 day quality training camp. Train along side our top coaches and pro/elite triathletes in warm, sunny Key West.

Swim- Open water and outdoor pool

Rides: Key West and Sugarloaf Key

Runs: Road and track

Schedule 6am-9am/4:30-6:30pm daily

Training camp costs: \$50/day. Join us as many days as you would like. Join us for 5 days and get the 6th day FREE!

Optional Sprint Triathlon Race on March 20th at Florida Keys Community College

(www.fkccsprinttriathlon.com)

Key West Florida Triathlon Clinic March 19-21st

Learn from our top coaches and pro/elite triathletes

Clinic topics will include: nutrition, training plans, heart rate training, core/strength training, injury prevention, swim technique/drills, riding technique/safety, running technique/drills, equipment/gear, mental strategies for training/racing, transition and more.

Clinic Costs: \$150- includes t-shirt and goodie bag

Our Coaches/Staff:

SHANNON MAGROGAN-is the proud co-founder of the GO! Tri Club and founder/owner of GO! Athletics. GO! Athletics specializes in Physiological Testing/Consulting, Sports Performance coaching, Sports Nutrition, Injury Prevention/Rehabilitation, and General Health and Corporate Wellness. Since 2000, she has worked as a sports physiologist specializing in Lactate Threshold Testing and consulting for the United State Olympic Committee, US Rowing, University of Florida, University of Central Florida, University of Tennessee, Villanova University, US Elite Rowing, and a number of high school, collegiate, professional, and Olympic athletes including JJ Clark, the 2008 US Olympic Team Distance coach, and 3 time Olympian Hazel Clark-Riley.

She earned a full athletic scholarship for track at the University of Florida where she earned her Bachelor's and Master's degrees in Exercise Physiology with a minor in Biochemistry/Sports Nutrition. Athletic and academic achievements include All-American Honors in track and field, Academic All-American Honors, and the University Presidents' Award for academic and athletic excellence. Continuing her love of running, she worked as a Graduate Assistant Coach for the UF Cross Country and Track team and then Head Coach for the United States International University. She then competed running professionally for the FILA Discovery USA and PowerBar TeamElite specializing in the 1500m and 5K events.

Shannon offers physiological testing, coaching and training services to athletes of all levels competing in triathlon, running, cycling, swimming, and rowing. She currently competes at the Amateur Elite triathlon level and during the 2009 season won the Avalon Triathlon, Lake Lenape Triathlon, NorthEast Triathlon and the US Age Group championships. In September 2009, Shannon represented TeamUSA triathlon at the 2009 ITU World Sprint Triathlon Championships in Australia and placed 9th. She is also the proud mom of 2-year old Grady David Magrogan ☺

ERIC BELL- As a 29-year-old, Knoxville, Tennessee native handily won the International Triathlon Union Amateur World Championship in Vancouver, British Columbia in June 2008. Bell won the Overall Champion title in the age-group triathlon, which includes the top amateurs in the world, winning his age group by 18 seconds and as the overall champion, became the third consecutive American to win the amateur title. After turning professional in mid-2009, he placed 2nd

Overall in his first professional race. His fast track in the sport to become one of the top tier competitors in the country can be traced to a winning background as a state, conference and national champion distance runner for Farragut High School in Tennessee. Eric was 2 time Captain for the University of Tennessee track team. Eric coaches numerous runners and triathletes in the Knoxville Area. **2009 Races** Memphis in May - 1st Overall/MTB - 1st Overall Amateur, Rev 3 - 2nd Amateur 12th Overall, **Turned Professional – July**, Chattanooga Waterfront - 2nd Overall **Pro**, Malibu/Ca - 6th **Pro**, Wild on Windsor - 1st **Pro**, 70.3 Augusta - 15th **Pro**, **2008 Age Group World Overall Champion**

For more information and registration details contact Shannon Magrogan sgrady@goathletics.org