



May 16, 2016

Dear Team Psycho and Friends:

It is with great pleasure that I welcome everyone to the 24th annual Team Psycho Triathlete Training Weekend. The Big Daddy started this spring tradition decades ago and it continues to thrive. TPW has been put together to provide all participants with three days of quality training and bonding time to “excite the senses and condition the body for another competitive season of regional, national and international triathlons”. (BD’s words) The previous years’ events have been huge successes, and we can all look forward to another three days of eating, drinking, sleeping and shoring up your pain tolerance among some excellent company.

The following information should address most questions regarding the weekend. The weekend begins Thursday night, May 19th and goes thru Sunday afternoon, May 22nd.

1. **Accommodations:** Colby Hall Dorm on the campus of Colby-Sawyer College in New London, NH is our headquarters. Travel time is about 2 hours from Boston. We shall supply the linens & towels and we are using the college dining services to cater all meals. (Use 541 Main Street New London, NH 03257 for directions). Park your car next to athletic facilities once you drop off your gear; no parking in rear or front of dorm building. You can drive along the U-shaped drive that is right after the athletic facility parking lot to just before the last building on the right for a close place to unload gear. Then please drive back to the athletic facility parking area for permanent parking. You won’t need your car for the most part as we walk to the pool and meals and bike and run right from the dorm.
2. **Clothing/Equipment:** We will be running, riding and swimming during the course of the weekend, so bring appropriate gear. The weather may be typical for spring in New England, so pack stuff to handle the cold, cool, warm, hot, rainy conditions. Rain or shine, am or pm, we’re out the door. The weather looks to be 70 and sunny midday but it will be colder in the am and pm. Casual clothes only are needed for downtime at the dorm. (FYI- Loose pants work best for butt quarters.) 🌟 We will have some bike pumps and basic tools and duct tape but bring any other tools or replacement parts you might need for your particular bike. Some

people will do the whole weekend on road bikes but there are many who will be on their tri bike. A few resourceful participants may even bring both bikes. It is up to you but I usually recommend training on the bike you will be competing on especially if you have a race coming up soon. The climb up Kersarge can be done on a tri bike without special gearing (39-27 is fine) though it does usually require some standing and possibly some serpentineing (or delivering the mail as it is sometimes called). The TT up the mountain should take about 15-20 minutes. Most people will not have race wheels as this is a training weekend—but if you feel you need an advantage, then by all means put them on. 🚲

3. **Other Items:** You might want to bring your own pillow to help you feel more at home unless you are used to the college dorm life. You will be sharing a room (it is part of the old-school charm!) so bring ear plugs or music headphones if you are finicky about noise. The weekend has a fair amount of free time, so you may want to bring books, magazines, music, etc...(Although I must admit that by day two, naps are a popular activity). We have cable TV in the dorm but we also have some games and contests planned to further the bonding and hilarity of the weekend. Participation is not required but is strongly encouraged.
4. **Check-In/Registration/Room Assignments:** Will be waiting for you upon arrival at the dorm. The dorm first floor social room shall serve as our hub and information center for the weekend. Please remember that there is no group dinner on Thursday night, so you should stop for dinner on your own. Informal gathering at Flying Goose Brew Pub in New London @ 6:30/7 pm is group dinner spot.
5. **Dinner Entertainment:** Yes, there will be plenty; fun is usually had at our own expense; with much participation from our newbie crowd. Truth be told, it's pretty easy to make fun of the "dinosaurs" as well. "Let the Limericks begin!"
6. **Harpoon Beer Tasting:** Plenty to be had after a long hard day on the feet. Should get interesting with quite a diverse group of characters. Red and white wine shall be provided as well as well as salty snacks to replace what was lost and keep us thirsty.
7. **Camp Goodies & Schwag:** We will have plenty of Gatorade, Clif bars, Clif Shot Blocks and Clif Shot gels. We also have some special TPW 2016 swag. Fuelbelt may have something in store as well. We will be giving everything out on Friday when most people will have arrived. Please only take 1 of the screened items—I did not get enough for people that did not come to the weekend so someone will not get one if you take one for a friend back home.
8. **Payment:** We work by the honor system for TPW, so simply bring money with you for the weekend. Cash or check only please, no credit cards accepted. Just make sure you pay me prior to your departure. (Checks made payable to Karen Smyers)

9. **Break-Up:** Following the Sunday morning brunch, we should be wrapped up by 12 pm for those who need to head home immediately. We can use some help cleaning and loading gear in cars if you can stick around until 1 pm.

Well, I think that covers most items. Please contact me should you have any questions or require additional information. I look forward to seeing everyone soon!

Thanks,

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