



EXPERIENCE DOMESTIQUE

Triathlon Camp

featuring

LAUREN BARNETT

Our four night/five day XD Triathlon camps give guests a unique opportunity to develop their triathlon abilities in a setting that unparalleled. The Blue Ridge Mountains offer a spectacular biking and running setting, while the full lap length saltwater pool at the hotel is always an enjoyable temperature. Our Triathlon camp experience delivers a comprehensive guest experience that includes the best dining, the finest accommodations, and professional training.

PRICING A 50%, non-refundable, deposit is required to secure dates.

Single Occupancy \$4,500

Couples (both riding) \$6,900

Couples (one riding, one non-rider) \$5,500

WHAT TO BRING

A sense of adventure, willingness to learn, and a readiness for a once in a lifetime experience. Tri bike, Helmets, Pedals, Shoes, Swim caps, Tri suits, heart rate monitor and wetsuit (just in case).

WHO'S IT FOR?

Not for beginners. Tailored for those looking to improve in all phases of their tri and learn from a pro. Also meet new friends and explore everything that Hotel Domestique has to offer.

PACKAGE INCLUDES

Four nights deluxe accommodation

All meals, starting with dinner on arrival day and lunch on departure day

Elite level road bikes provided (if desired)

Professional bike mechanic to take care of all guest needs, including daily maintenance, prep work and postride care/cleaning Trainer-lead stretching & corebuilding classes

Support vehicle for each ride, staffed by a professional bike mechanic

Fresh gourmet on-bike nutrition prepared in-house

Downtime to explore and enjoy Hotel Domestique and surrounding area

Professional photographer, providing guests with photographs of the experience



ABOUT LAUREN BARNETT

Lauren Barnett competed in her first triathlon after college - on a borrowed mountain bike wearing a baggy cotton t-shirt and long, red shorts. There are pictures to prove the horrible apparel. But, that race changed her life. In 2010, she fully committed to triathlon training. And that training paid off. That year she raced in the coveted World Championship Ironman in Kona. In 2011, as an Age Group racer, she finished every triathlon on the podium.

In 2012, she raced an undefeated season as an Elite Amateur and in 2013 she turned PRO. she started her PRO career with a top 5 finish at a big stage event, and shortly thereafter, she secured her first PRO win. During her 70.3 debut, and coming off of an intense injury, she broke the tape and won Ironman 70.3 New Orleans. Lauren finished the season with a podium at each race and another win in her final race of 2014. Within only a few years she's become a highly respected triathlete known for her consistency in winning races as well as her passion and enthusiasm on and off the course.

REQUEST MORE INFORMATION
864-516-1715