



THE TRIATHLON ACADEMY AT THE HOME DEPOT CENTER

Contact:
Alison Groendal
The Home Depot Center
(310) 630-2032
agroendal@homedepotcenter.com

THE HOME DEPOT CENTER TO HOST THE FIRST TRIATHLON ACADEMY SUPER CAMP THIS DECEMBER

World-Class Coaches Wendy Ingraham, Roger Young, Clay Evans, Beth Hibbard, Riley McAlpine, Jack Caress and More to Conduct First Triathlon Academy Super Camp

CARSON, CA (Tuesday, October 25, 2005) - The Triathlon Academy at The Home Depot Center will host a two-day Super Camp on Dec. 2 and 3, the first camp of its kind at the facility. The camp will include performance tests in cycling, swimming and running that will develop personal training schedules and technique for participants.

"The Triathlon Academy Super Camp provides individuals with instruction from the U.S.' top coaches in triathlon competition," says Home Depot Center Managing Director Bill Peterson. "A highlight of the camp is that participants have the opportunity to receive this specialized fitness training and evaluation at The Home Depot Center, the most complete multi-sport venue in the U.S. today."

The Triathlon Academy Super Camp in December will host 36 athletes, utilizing the running track in the Track & Field Stadium, pool and weight training facility. The ADT Event Center, home of the USA Cycling National Team and the only indoor velodrome of international standards in North America, will also be used to conduct cycling performance evaluations.

Coaches for the Super Camp include Wendy Ingraham, multiple Ironman Distance Champion; Roger Young, director of the ADT Event Center and cycling coach to nine world champions and 11 Olympic medallists; Beth Carlson Hibbard, top sprint distance professional triathlete and coach; Clay Evans, two-time Olympic medallist in swimming and president of Southern California Aquatics; Riley McAlpine, founder of Team Riley and accomplished coach; and Jack Caress, race director for the Los Angeles Triathlon and president of Pacific Sports.

The camp includes two performance tests in cycling at the ADT Event Center, the Conconi Method Test and the Wingate Test. The Conconi Method Test monitors and tracks an athlete's heart rate which will establish personal training "zones" for the tested individual, as well as baseline performance to measure progress with retests. The Wingate Test is done to indicate a person's genetic proclivity to specific workouts. Both the Conconi Method Test and the Wingate Test will allow athletes to measure their progress throughout 2006.

The Super Camp will also conduct underwater filming of the swim workouts to develop individual techniques for each camper. Run technique analysis and workouts will be conducted on the track, which recently hosted the U.S. Track & Field Championships. Each camper will leave the Super Camp with a personal training schedule designed specifically for that individual.

About the Triathlon Academy - www.tri-academy.com The Triathlon Academy was established in September, 2005, under a partnership with Pacific Sports LLC and The Home Depot Center. The mission of the Triathlon Academy is to provide a comprehensive triathlon training experience for athletes of all levels, beginner through elite, in swimming, cycling and running. The Triathlon Academy offers camps, clinics, mini-triathlons, personal training, social events, merchandise and travel packages designed for the first-time or elite athlete.

About Pacific Sports LLC - www.pacificsportsllc.com Pacific Sports LLC, Anaheim, California, is a premier sports consultation firm specializing in event production and management for triathlons, marathons, adventure races, running races and multi-sport events in the U.S. and Europe. Southern California marathon and triathlon events produced by Pacific Sports include Buffalo Run, Catalina Marathon, Kring and Chung Newport Beach Triathlon, Long Beach Triathlon and Catalina Island Triathlon. Included among Pacific Sports' more than 400 national and international events are 12 U.S. Championships and the Triathlon World Championship in 1996.

About The Home Depot Center - www.homedepotcenter.com The Home Depot Center is southern California's new home of world-class competition and training facilities for amateur, Olympic, collegiate and professional athletes. The \$150 million privately financed facility was developed and is operated by AEG on a 125-acre site on the campus of California State Dominguez Hills in Carson, California. The Home Depot Center features a 13,000-seat stadium for tennis, a 27,000-seat stadium for soccer, rugby, lacrosse & other athletic competitions and outdoor concerts, a 20,000-seat facility for track & field, the ADT Event Center, a 2,450-seat indoor velodrome and other facilities for softball, baseball, beach volleyball, basketball and other sports. Named an Official U.S. Olympic Training Site, The Home Depot Center is home of the USA Tennis High Performance Training Center as well as the national team training headquarters for the U.S. Soccer Federation. The "complex " is also the home of The David Beckham Academy for youth soccer and the nationally recognized Athletes Performance training center for elite and professional athletes. The Home Depot Center has additionally be designated "official" training sites for USA Cycling, United States Track & Field, and the USTA.