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**WORLD-CLASS COACHES USE SUUNTO T6 TO EVALUATE
TRIATHLETE TRAINING PERFORMANCE**

Suunto Wristop Computer to Gauge Triathlon Camp Participants Training Progress

CARSON, CA—**November 16, 2005**—A panel of 11 world-class coaches has chosen the Suunto t6 to track the training of athletes at the first-ever Triathlon Academy Supercamp December 2-3. Nearly 30 participants of all fitness levels will use the Suunto t6 to implement individualized training schedules set by the coaching staff. Attendees hail from various western states, ranging from ages 18 – 50 comprising a group with an even ratio of men to women. The athletes will be hosted by top U.S. cycling, swimming and triathlon coaches including Ironman Distance Champion Wendy Ingraham and Roger Young, cycling coach to nine World Champions and 11 Olympic medalists.

“We will use the Suunto t6 to accurately tabulate how much training each participant can withstand. The Suunto t6 will guide each athlete to train on the brink of his or her anaerobic threshold to maximize power and speed for the individual,” said Pacific Sports President and Coach Jack Caress.

Coaches will open the camp by conducting two performance tests to establish baseline fitness for each attendee, and use the results to outline a training schedule that maximizes each individual’s potential. The athletes will then use the Suunto t6 to store training information and gauge each workout based on seven essential body parameters: EPOC*, (Excess Post-exercise Oxygen Consumption), training effect, heart rate, oxygen consumption, energy consumption, ventilation and respiratory rate..

“ Supercamp participants can use the Suunto t6 to accurately track their progress year-round, making training worthwhile and lending them motivation to improve,” said Suunto Sports Development Manager Christie Watts.

The Suunto t6 surpasses similar training systems for its capability to track, calculate, organize, log, and upload an individual’s training session numbers. Then, by utilizing the accompanying software, an athlete can interpret this data to achieve a deeper analysis of training sessions. The result is near-laboratory accurate information on physical stress, oxygen consumption and other physiological variables that pertain to training.

The inaugural camp will be held at the Home Depot Center in Carson, California—a facility heralded as the most complete multi-sport venue in the U.S. It marks the launch of a series of multisport training camps hosted by Triathlon Academy after a strong show of interest by triathletes of all levels. Several more camps are slated for 2006, including women’s-only, youth and race-specific events.

Founded in 1936 with the world’s first liquid-filled compass, Suunto is a leading designer and manufacturer of precision sports instruments for diving, mountaineering, hiking, skiing, sailing, training and golf. Prized for their design, accuracy and dependability, Suunto wristop computers combine the aesthetics and functionality of watches with sport-specific computers that help athletes at all levels analyze and improve performance. Headquartered in Vantaa, Finland, Suunto employs more than 500 people worldwide and distributes its products to nearly 60 countries. The company is a subsidiary of Helsinki-based Amer Sports Corporation. More information about Suunto and its products is available online at www.suunto.com.

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