

HUMAN POWERED RACING



2012

Welcome



Welcome to Human Powered Racing 2012

I would like to congratulate you all on another fantastic season of training and racing. This past year saw some incredible individual performances. We also showed that as an overall team we are able to “own the podium” at races around the province. Yellow hats all around!

As you enter into your off season you have a chance to reflect on the 2011 season; we all have strengths and weaknesses and we all have successes and failures. As your coach I would like to work with you through these winter months to make sure that your strengths continue to get stronger and your weaknesses are eliminated. Failures are never failures if you learn something about yourself as a person and an athlete.

“I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.”~ Michael Jordan

Joining me in a more official capacity as (certified) assistant coaches this year will be Jen Maclean and Adrian Walton. Both Jen and Adrian have worked with you over the past couple of seasons. They have proven to be fantastic in their ability to correct technical issues and also to inspire you in your everyday training. We are lucky to have them on board as both teammates and coaches in 2012.

For the past 6 years I have been dividing my time between my own racing and coaching. With my retirement from racing after Hawaii in October this year, I will be cutting out my “other” job and dedicating myself full time to you the athlete. I look forward to this shift in my focus and I am here to give you even more of my time, energy and experience for the upcoming year.

As the Head Coach of Human Powered Racing, I am here for you whenever you need me. As always, my goal is to keep you all safe, healthy, happy and FAST!

Sincerely,

Mike

*“It's lack of faith that makes people afraid of meeting challenges, and I believed in myself”
~ Muhammed Ali*

Mission

Our goal at Human Powered Racing is to provide quality, experienced coaching while creating a positive and safe training environment to make you the BEST athlete that you can be.



Coaches Commitment

As your coaches, Jen, Adrian and I will be attentive to the individual needs and concerns of each of you as an HPR athlete. If ever you feel there is a problem with the team and/or with your own training and racing I ask that you contact one of us as soon as possible. We will address the issue right away and see to it that everything is set back on track. As athletes we all know that training is not just about the physical, but also about the mental state that accompanies the everyday grind of workouts and life. At Human Powered Racing, I want all of you to be “happy” athletes.

Athletes Commitment

As an athlete with Human Powered Racing it is expected that you attend as many workouts as your schedule allows. When you do show up to workouts it is expected that you come with a positive frame of mind and a willingness to listen and work hard. We are here for each other. We stand for nothing but respect for our fellow teammates. Running and riding in the rain will not always be easy or fun, but together as a group we can make it so while also making one another stronger. One of the great things about this team is that we have always been there for each other through good times and bad. I don't ever want to see this supportive, nurturing aspect of our team change. This is one of the things that continues to make HPR special.

2012 Details

Perhaps the biggest change in HPR for the upcoming year is that there will be no weekend team. I would like a full commitment from those athletes that would like to represent HPR. I realize that this change may see some of you leaving us in the new year, but do know that you will always be considered HPR Alumni. As Alumni you are always welcome to any and all social events and functions. As I have always said, once you are IN there is no getting completely OUT.

2012 Membership

Cost

Details	Dates	Fees	HST (12%)	Total
2012 Team Membership	November 5 - August 26	\$1,550.00	\$186.00	\$1,736.00

Payment	Due Dates	Amount
Non-Refundable Deposit	September 30	\$250.00
Final Balance	February 1	\$1,486.00

**Registration form to be distributed*

Your team fees include the following:

Training Program

- 10 month comprehensive training program (November 5th – August 26th)
- The will be set up for two peaks in fitness: 1 peak early June and 1 mid to late August

Coached Sessions

- 5 Coached Sessions per week (Monday to Friday)
- 2 Coach Led Workouts (Saturday and Sunday)
- TriBC Certified Coaches at all workouts

One to One Coach/Athlete Sessions

- 2 athlete/coach debrief sessions with Mike (one pre season/ one in season) set up at the athlete's request

TriBC Membership

- TRIBC membership is included in your fees

Tyee Masters Evening Program (Evening swim only)

- Monday/Wednesday/Friday **starting October 3rd** and running through to the end of May
- We will remain in pool on Wednesday's through June
- **PLEASE NOTE:** HPR will start November 5, but HPR swimming will start **the first week of October** as the pool is shutting down for repair over the Christmas holidays and into January
 - Tyee morning swim is NOT included and is treated as a separate program

Coached Open Water Swim Workouts

- Monday and Friday starting as soon as we can get in lake

Team Website

- www.humanpoweredracing.com - Team website with online forum and schedule
- Regular up-to-date information and schedule changes posted
- This will be **THE** place to communicate with your teammates and coaches

2012 HPR Bike Jersey

- Adrian has designed a great new jersey for 2012 (see image on next page)



Sponsor Discounts

20% Off

- Aquasphere Wetsuits
- Compressport Compression Gear
- Trek Bike Store

10% Off

- Infinit Nutrition
- 7systems
- Synergy

Team Gear for Purchase

Sugoi

HPR Sugoi Bike/Race Gear will be for purchase. A design has been created for a range of items. Availability will depend on numbers for meeting minimum requirements with Sugoi.

Kiwami

HPR Kiwami Race Suits will be for purchase (similar to what I will be wearing in Kona in 2011).

HPR Training Camps

25% off camps for all HPR members

Location	Dates	Cost	HPR Price
California	January 6-9	\$500.00	\$375.00
Bermuda	January 23-29	\$1000.00	\$750.00
Arizona	February 26- March 3	\$600.00	\$450.00
Kona	May 28- June 2	\$500.00	\$375.00

Personalized Programs/Coaching

I am now offering additional coaching and other services to help you meet your training and athletic goals:

Personalized Taper/Recovery Program \$50.00

Athlete/Coach Meetings outside of 2 included in team fees \$25.00 (plus a dark roast coffee ☺)

One on One Technical Coaching Sessions

30 minutes \$30.00

60 minutes \$50.00

Other Services (please contact me directly to discuss) \$TBD

2012 Events

Monthly Events at a Glance

Month	Events
November	<ul style="list-style-type: none"> • 2011 Season End/2012 Season Kickoff Celebration • Beer Mile • Thetis Lake Relay • Mt. Finlayson Hike
December	<ul style="list-style-type: none"> • HPR Xmas Party
January	<ul style="list-style-type: none"> • California Camp • Pioneer 8km • Cobble Hill 10km • Bermuda Camp
February	<ul style="list-style-type: none"> • Hatley Castle 8km • Tuscon Camp
March	<ul style="list-style-type: none"> • Bazan Bay 5km • Comox Half Marathon
April	<ul style="list-style-type: none"> • Parksville 360 • Merville 15km • Delta Triathlon • Times Colonist 10km
May	<ul style="list-style-type: none"> • Vancouver Half Marathon • UBC Triathlon • North Shore Triathlon • Shawnigan Lake Half Iron
June	<ul style="list-style-type: none"> • PEAK 1 • Honu 70.3 (TEAM EVENT) • Oliver Half Iron • Victoria Half Iron • Penticton Camp
July	<ul style="list-style-type: none"> • Vancouver Half Iron • Desert Half Iron • Peach Classic Triathlon • Tri for Compassion (TEAM EVENT) • HTO Thetis Lake Swim
August	<ul style="list-style-type: none"> • Sri Chinmoy Triathlon (TEAM EVENT) • Apple Triathlon • PEAK 2 • Lake Stevens 70.3 (TEAM EVENT) • Ironman Canada
September	<ul style="list-style-type: none"> • Vancouver Triathlon
October	<ul style="list-style-type: none"> • Ironman World Championships Kona