

## Programme

### TUESDAY

Arrival and meet and greet registration

### WEDNESDAY

Breakfast and Welcome

Mayor of Cancun

Keynote Speaker

Terry Kellogg

Morning Sessions

Afternoon training and activities

ITU Welcome session

### THURSDAY

Seminar sessions

Lunch and Keynote Speaker

Crystal Andrus

Afternoon training and

Celebrity Golf Tournament (optional)

Mayan dinner cruise (optional)

### FRIDAY

Seminar sessions

Lunch and race motivation

Course familiarisation

Pasta Party with special guest speaker

Jenny Thompson

### SATURDAY

Group run

VIP guests at World Cup triathlon

Spousal day trip

### SUNDAY

Race Day

Final Party and Award Ceremony

## Session Leaders:

**Barrie Shepley**; The "voice of triathlon", successful motivator and coach of hundreds of elite and age group athletes

**Caron Shepley**; 10 years of corporate fitness experience and certified acupuncturist

**Libby Burrell**; ITU Sport Development Director and former high performance director for the USA National triathlon team

**Jesse Dylan**; Internationally renowned radio personality and host of "The Good Life Show"

## Special Guests:

**Emma Carney**; Former triathlon world champion; multiple World Cup winner

**Richard Stannard**; ITU Athlete representative

**Carol Montgomery**; Commonwealth Games gold-medallist; Olympian

**Barb Lindquist**; Multiple World Cup triathlon champion; Olympian

**Mark Fretta**; World number one ranked triathlete

Official media partner:



This is  
ITU triathlon

## HOW TO REGISTER!!

Company Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Payment method:  Visa  Mastercard  Amex

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiry Date:  /

Signature: \_\_\_\_\_

Competition Format:  Team Triathlon  Triathlon Relay

Category:  Men  Women  Mixed

Age Category:  <90  90-119  120-149  150-179  180+

Entry Fees:

Championship and Symposium - US\$1575/team \_\_\_\_\_

Championship only - US\$300/team \_\_\_\_\_

Extra Activities:

Golf - Please indicate interest. Fee will be paid upon arrival. \_\_\_\_\_

Evening Cruise - Please indicate interest. \_\_\_\_\_

Total Fees \_\_\_\_\_

Fill out the form and mail it to:  
ITU Corporate Team Championships  
#221, 998 Harbourside Dr.  
N. Vancouver, BC  
V7P 3T2 CANADA

Or: Register online at [www.triathlon.org](http://www.triathlon.org)

# ITU Corporate Triathlon World Championships

and

## 'Mind Body Soul' Symposium

November 1st to 5th, 2006  
CANCUN, MEXICO

[www.triathlon.org](http://www.triathlon.org)



Corporate Team  
**triathlon**  
ITU World Championships



## Guest Speakers:

**Terry Kellogg** - Executive Director of one percent for the planet

**Crystal Andrus** - Health and fitness expert and best-selling author

**Jenny Thompson** - Olympic swimmer and multiple gold medallist

**Carol Lewis** - Olympian and NBC Olympic commentator



# ITU Corporate Triathlon World Championships and 'Mind Body Soul' Symposium



CANCUN, MEXICO, the playground of ancient civilizations, is one of Mexico's showcase resorts and will play host to the first annual ITU Corporate Triathlon World Championships and 'Mind Body Soul' Symposium.

The ITU Triathlon Corporate Championships and Symposium will offer the international business community a fun, energetic setting whereby they can learn techniques and tips in team building that will improve their fitness and athletic performance while at the same time enhance the concept of team work.



An expected 500 participants from 30+ countries will swim, bike, run and play with former Olympians, health and wellness experts and some of the best triathletes in the world.

Participants are invited to bring their families to enjoy in the many tourist activities available in Cancun. A celebrity golf tournament and cultural day trip will be available for participants and guests.

For full details on the ITU Corporate Triathlon World Championships host hotel and booking information please visit [www.competitions.org](http://www.competitions.org)

## Corporate Championships

There will be two competition formats to enter under.

**Team Triathlon** (3 X 1/3 Olympic distance) - A triathlon team will consist of three people who will each complete one third of the Olympic distance triathlon handing off to the next teammate at the end of the run in a relay format. (500m swim, 13km bike, 3.3km run).

**Triathlon Relay** (1swim, 1bike, 1run) - A relay team will consist of three people who each complete one segment of the triathlon. (one person swims, one bikes, one runs)

Competition categories:

Each format will have the following categories:  
Men, Women, Mixed

All three members of the team must be employees of the same corporation, business, association or organisation. The team will have one finish time that will determine the order of finish.

## 'Mind Body Soul' Symposium

The ITU 'Mind Body Soul' Symposium will be held in the days preceding the ITU Triathlon Corporate Championships with a range of speakers specialising in workplace motivation and health. The "Lifestyle" Symposium aims to provide insight and expertise in achieving a balanced, healthy lifestyle for all professionals, managers, executives and employees.

A healthy and happy workforce is key in avoiding increased absenteeism, high staff turnover, increasing cost of training and recruitment, lower productivity, decreased efficiency, conflicts, low morale and high number of accidents at work.

## Keynote Speakers

### Terry Kellogg



Executive Director of the company, one percent for the planet. Terry has worked at the intersection of business and the environment for more than ten years. In 2000, Terry joined the Timberland Company as their first staff person dedicated to minimizing the company's environmental footprint and supporting new markets for sustainable products. Under Terry's leadership, Timberland reduced its carbon footprint by more than ten percent through improved efficiency and the use of renewable energy; adopted widespread use of water based adhesives; and launched programs in green building and organic cotton.  
Website: <http://www.onepercentfortheplanet.org/staff.htm>

### Crystal Andrus



A passionate and powerful speaker, writer, radio host, women's advocate and health expert, as well as the author of the best-selling book, *Simply...Woman! The 12 Week BODY-MIND-SOUL Total Transformation Program* and her newest release, *Transcendent Beauty*. It begins with a single choice... to be! She has shared the stage with Dr. Phil, Dr. Wayne Dyer, Debbie Ford, Naomi Judd, Yolanda King, Joan Borysenko, and Dr. Christiane Northrup. She is also on faculty at the famed Omega Institute in New York and is regular contributor to many magazines including *HealthSmart Today*, *Common Ground*, *Canadian Health & Lifestyle*, *Alive*, and *Zodi Addict*.  
Website: [www.crystalandrus.com](http://www.crystalandrus.com)

### Carol Lewis



Competed in the long jump at the 1980, 1984 and 1988 Olympic Games. She was the US women's long jump record holder for many years. She even tried out for the US two-man bobsled team in 2002. Carol has served as an expert analyst and interviewer (track&field) for NBC Sports for the 1996, 2000 and 2004 Olympic Games. She has also served as a commentator for CBS Sports, ABC Sports and FOX Sports Net. She is the Executive Director of the Carl Lewis Foundation, whose mission is to help youth to develop self-esteem, self-awareness, and self-expression through fitness and educational programmes that will enable them to enhance the quality of life for themselves, their communities and our world.  
Website: [www.carllewisfoundation.com](http://www.carllewisfoundation.com)

### Jenny Thompson



One of the most decorated Olympians in history, winning twelve medals, including eight golds while representing the United States in the 1992, 1996, 2000 and 2004 Summer Olympics. She won her first world championship in 1991, as part of the USA's winning 4x100 freestyle relay team, and held the world record in the 50 m and 100 m freestyle in the 1992 Olympics in Barcelona. Between 1997 and 1999, Jenny won eight more world championship titles, including three in a row in the 100 m freestyle. Jenny now spends most of her time helping underprivileged children around the world experience the joy of sport with Right to Play.  
Website: [www.righttoplay.com](http://www.righttoplay.com)



## Jesse Dylan and The Good Life Show presents Triathlon Radio: the Countdown to Cancun

[www.competitions.org](http://www.competitions.org)

Featuring daily segments, updates and promotions for the ITU World Cup triathlon in Cancun, including the ITU Corporate World Championships and 'Mind Body Soul' Symposium. You will hear the training tips, health advice and relevant wellness information from Jesse, including interviews from world renowned triathletes, health experts in the field of training, including biking, running, swimming and the triathlon.

Coming soon to Triathlon Radio: "Zero 2 Balance". We will be launching an international competition to bring our lucky participants from a sedentary lifestyle to one of balance including their first Triathlon as part of "Zero 2 Balance" (Z2B).

Tune in for your dose of Triathlon Radio, at The Good Life Show with Jesse Dylan, Sirius Satellite Radio Network channel 114. [www.tgradio.com](http://www.tgradio.com)