



April 12, 2008

Hot Springs Lodge & Pool Hosts Second Annual TRI IT Camp for Women

Workshop introduces blind athletes and sighted guides to the sport of triathlon

April 12, 2008 - Glenwood Springs, CO - Blind triathlete Nancy Stevens and members of the Roaring Fork Women's Triathlon Team will host a three-day instructional camp for visually impaired women and sighted guides at the Hot Springs Lodge & Pool in Glenwood Springs, Colorado, April 18-20, 2008.

Blind athletes and sighted guides will come from across the United States to learn the fundamentals of swimming together using a bungee cord, riding a tandem bike, and running together with a tether. The camp wraps up with a short-distance mini-triathlon to test their newly learned abilities. Blind athletes will recruit their own sighted guides or will be matched with volunteers from the Roaring Fork Women's Triathlon Team or other sighted participants once they arrive.

Last year, seven blind athletes and eight sighted guides participated in the program. "The idea behind TRI IT Camp is not only to inspire visually impaired women to sample a new sport or to try putting different sports together in a new way, but to introduce the concept of guiding to sighted athletes," said Nancy Stevens, a Glenwood Springs resident, "It's all about planting a seed—and having lots of fun along the way."

Blind since birth, TRI IT Camp Coordinator Nancy Stevens is an accomplished athlete. Stevens and her guide, Nancy Reinisch, earned the ITU (International Triathlon Union) Short Course World Championship in the Women's Visually Impaired division in 2005. Stevens also competes in cross-country ski races and has medaled in the United States and abroad, which earned her a trip to the Nagano Paralympics in Japan in March 1998.

A member of the Hot Springs Athletic Club, Stevens uses the Hot Springs Pool as part of her regular training routine. TRI IT Camp participants will stay at the Hot Springs Lodge and swimming training will take place in the world's largest mineral hot springs pool. Yoga and workout sessions will take place at the Athletic Club facilities.

Other local organizations that are supporting the event include Independence Run and Hike, Sunlight Ski & Bike Shop, Canyon Bikes, Eighth Street Deli, Aspen Glen and Domino's Pizza. The C Different Foundation, a Fort Lauderdale, FL based organization that creates opportunities for visually impaired athletes to participate in athletic events, provided a financial grant to keep the camp affordable.

Stevens says she could use some help marshalling the course for the culminating mini-triathlon on Sunday, April 20. She also needs assistance transporting three tandem bikes from an organization in Denver called Eye Cycle, a tandem club for the blind. To volunteer, or for more information about the event, contact Nancy Stevens at nstevens@sopris.net or call (541) 388-0500.

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For an online press kit, press releases, virtual tours, live web cam, and downloadable photos click on [Hot Springs Press Room](#)



Blind swimmers train at the Tri IT Camp in the Hot Springs Pool. Photo courtesy of Roaring Fork Women's Triathlon Team

About Hot Springs Lodge & Pool

The Hot Springs Pool, established in 1888, is the largest mineral hot springs in the world, measuring over two blocks long, surrounded by the Rocky Mountains, and along the banks of the Colorado River. The thermal waters are 90°-93°F (32°-34° C) in the large pool and 104°F (40°C) in the smaller, therapy pool. Features like two water slides, inner tubes, diving boards, and bubble chairs bring out the kid in everyone. Visitors have access to modern locker room facilities, lounge chairs, towel service, and swim suit rentals. Other amenities include a full service Sport Shop, the Hot Springs Deli and Snack Bar, the Hot Springs Athletic Club, and a challenging miniature golf course.

A new spa with eight facial/massage rooms including two couples suites, five hydrotherapy tubs, and one Vichy shower hydrotherapy room will be opening in the fall of 2008. Manicure and pedicure services will also be offered. The spa will focus on wellness and natural health practices, which has a deep-rooted history at this facility.

The Hot Springs Lodge & Pool is located in Glenwood Springs, Colorado, between Aspen and Vail, 165 miles west of Denver and 90 miles east of Grand Junction on Interstate 70 off exit 116 at 401 North River Road.

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