

San Francisco Triathlon Club Spring Training Weekend



Frequently Asked Questions:

When do I arrive: Most people will arrive Friday after 4pm with early birds setting up after noon. People generally depart by Sunday afternoon.

Where? Putah Canyon campground (formerly Chaparal Cove) is approximately 1/2 mile north of Pope Canyon Road, On 7600 Knoxville Road, Napa Ca 94558. It takes about 45 minutes from winters and or Napa.

Parking Passes and Catering Wristbands. Be sure to collect a parking sticker for your car and a wristband for each person. Check-in is in campsite 82.

May I bring guests or my significant other? You bet! It's encouraged. Everyone camps, swims, bikes, runs, attends clinics, eats, drinks, and does as much (or as little) as anyone else.

What should I bring?

1 gallon of water per person for aid stations, wet wipes for your sailor's shower, plate, coffee cup, cutlery, etc.

I'm arriving late...maybe really late. It's all good, but you'll be setting up your tent in the dark. Bring some light... Check in is in campsite 82.with the event coordinators if they're awake, or find us in the morning and we'll get you sorted.

What about showers and restrooms. The campground does NOT have showers. We recommend bringing personal/travel wipes available at most camping stores. There are portable toilets in many of the campsites.

Do I need to be signed up for the Napa HITS race? Not at all. This is a club event and all members and guests are welcome. It's an amazing opportunity to experience the full race course spread out over a weekend, and to train and socialize with other club members.

Facebook? We are expecting spotty (if any) cell service. Best to alert loved ones that you may be out of contact, and emotionally prepare yourself for 48 hours away from your social network.

Wildlife? Little creatures, bunny rabbits, and lots of fish in the lake. It's also home to a large Osprey and Bald Eagle population.

Dogs? No. Read the paragraph above about this being an Eagle refuge. Additionally, the club can be fined if your pet is off-leash or barking past curfew.

Water? We will have a chilled drinking water trailer available the entire weekend. We ask that each person additionally bring 1 gallon of drinking water to support the various aid stations.

Curfew? While it's likely we'll be the only group at the campground, please respect your fellow club members and observe quiet hours after 10:30pm Friday and Saturday.

What's the rough agenda for the weekend?**Friday afternoon:**

People arrive from 4pm onwards, with many leaving SF after work.

Bring your own dinner; catering will still be setting up.

Friday evening:

Hanging out at the campfire (bring beer and s'mores fixings if you want them).

One or more icebreaker events as required.

10:30pm noise curfew.

Saturday morning:

Early breakfast from our caterers, followed by a swim in the lake.

Once we've dried off, we'll grab our bikes and head out onto the race courses for a ride.

Saturday afternoon:

Catered lunch when you get back from your ride, perhaps a refreshing swim in the lake and then either chill out or take part in some clinics and activities we'll have.

Saturday evening:

Catered dinner followed by more time around the fire (so remember your beer and s'mores), maybe even some music and dancing.

10:30pm-ish noise curfew.

Sunday morning:

Catered breakfast to start, then we'll grab our running shoes and hit the run courses.

Maybe a swim to cool off/rinse off afterwards.

Sunday afternoon:

Catered lunch.

Packing up camp and heading home after lunch.