

# San Francisco Triathlon Club Spring Training Weekend FAQ 2105



## Frequently Asked Questions:

**When?** March 20 – 22, 2015. Most people will arrive Friday after 4pm with early birds setting up afternoon. 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.

**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.

**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. Non-members can join us for \$135.

### 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 with the event coordinators (Kate and Vic) if we'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.

**Facebook?** We are expecting spotty (if any) cell service. Best to alert loved ones that you may be out of contact, and 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 (small eagles) population.

**Water?** We will have an eight dispenser 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 such as sandwiches or stop somewhere to eat on your drive.

**Friday evening:** Hanging out at the campfire (bring beer and s'mores fixings if you want them). 10pm 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. 10pm noise curfew.

**Sunday morning:** Early breakfast to start, then we'll grab our running shoes and hit the run courses. Maybe a swim to cool off/rinse off afterwards, then a catered lunch before packing up camp and heading home after lunch.