



March 24, 2016

Hello ET Spring Campers!!

The day we have been anxiously awaiting is almost here, and I've got a lot of information to share!! ☺

As you click through the various Camp documents, you will find the following:

- A detailed daily itinerary
- A list of cell phone numbers
- An address and phone list of places we'll be visiting during Camp, including restaurants
- A list of air confirmation numbers (for those I booked air for)

As a reminder, here is the flight information (for most of us ☺):

|                |                   |                                   |                  |
|----------------|-------------------|-----------------------------------|------------------|
| Wednesday, 4/6 | Midway to Phoenix | Southwest #2292 departing 10:05am | Arriving 11:55am |
| Sunday, 4/10   | Phoenix to Midway | Southwest #2812 departing 11:25am | Arriving 4:40pm  |

You will need to provide your confirmation number and your picture ID at the airport. Our group will be meeting at the departure gate on Wednesday morning. Please note that while Southwest does not pre-assign seats, we have purchased the EarlyBird Check-in option on your behalf. This means that Southwest will automatically pre-assign your boarding position 36 hours prior to the flight's scheduled departure time. EarlyBird Check-in allows you to board earlier than customers using Southwest's traditional check-in procedures. You will also have a better opportunity to select your preferred seat and have great access to overhead bin stowage for your carryon luggage. As an EarlyBird Check-in customer, you may choose to print your boarding pass ([www.southwest.com](http://www.southwest.com)) 24 hours prior to scheduled departure, or you may obtain your boarding pass upon arrival at the airport. Please note that Southwest allows 2 free checked bags, and there is a fee to check 3 bags.

A full daily breakfast buffet is included at our resort between the hours of 6 am to 10 am. Upon check-in, you will be given breakfast vouchers for each day that we are at Camp, and you will use one voucher per morning. The voucher is only good for the breakfast buffet. Please note that we will not be ordering off the menu. The voucher covers the cost of breakfast, but not gratuity. Please bring along some singles to tip your breakfast server each morning.

Arizona Outback Adventures (AOA) will be providing us with a gourmet picnic lunch on Thursday, Friday, and Saturday.

**\*Please note that group dinners are not included in your camp fee.**

Your room and tax will be paid on our master bill, but you will be responsible for any incidental charges such as telephone and movies. You will need to present a credit card at the front desk prior to incurring any of these charges.

AOA will be supplying us with helmets, water bottles, spare tubes, tools, snacks, sag vehicle support, and guides that will lead our rides. These guides are not just your average group ride leaders. They are professionals, and they will provide world class cycling support throughout the day. They appreciate a

gratuity for their efforts. It's customary for each camper to tip approximately \$60-75 total for our 3 days of activities. Please give me any gratuity that you'd like to contribute no later than before we depart for Brown's Ranch on Saturday morning. I will provide each of you with an envelope for this purpose upon our arrival in Phoenix. I will consolidate the money and present it to our guides at the conclusion of our Saturday mountain biking adventure.

We will be road biking on Thursday and Friday and mountain biking on Saturday. Please remember to bring your road/tri bike pedals and shoes. **IMPORTANT:** I do not recommend packing your pedals in your carry-on bag. They usually raise a great deal of suspicion when going through security because they don't know what they are! Consider packing your pedals on top or in an outside pocket of your checked bag, and don't forget your bike shoes!

For our mountain bike day, the bikes that AOA will be providing us with have flat pedals so you can wear your running shoes. AOA does have Shimano SPD and Crank Brothers Egg Beater mountain bike pedals that they can install if you have mountain bike or spin room shoes with cleats that will be compatible with these pedals. You are also welcome to bring your mountain bike pedals along with your mountain/spin shoes if you would like, and AOA will install the pedals for you.

A local bike shop can easily assist you with removing your pedals. I am going to present everyone with a Ziploc plastic bag with their name on it upon our arrival in Phoenix. Please place your road/tri bike pedals in the bag and give it back to me any time before the conclusion of dinner on Wednesday. This is very important because Joe is going to take them to AOA early Thursday morning so our bikes can be ready to be fitted once we get there.

Daytime highs are expected to be in the 80's, so we'll get some good heat acclimation training in! ☺ Evening lows are expected to be in the high 50's. We will be swimming, biking, and running outdoors and doing yoga indoors during Camp. Please make sure that you bring the appropriate clothing and gear for these activities. It may be chilly in the morning when we get on our bikes, so just to be on the safe side, you may want to consider packing arm/leg warmers, long sleeve dry fit shirts/tights, light jackets, gloves, and a waterproof outer layer in case it rains. Layering will be key. We will have a sag vehicle, so removing layers mid-ride is no problem. Lastly, we will be dining outside for dinner on Thursday evening. El Encanto has assured me that they have heaters if needed, but I would definitely bring along a jacket or sweater.

Should you have any questions about any of this information or anything else related to Camp, please feel free to contact either myself or Coach Joe. I can be reached at 630.240.3696 or [coachsuzy@experiencetriathlon.com](mailto:coachsuzy@experiencetriathlon.com).

Valley of the Sun, here we come!! ☺