



March 23, 2018

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 flying on Southwest)

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

Thursday, 4/5	Midway to Tucson	Southwest #1016 departing 8:15am	Arriving 10:00am
Monday, 4/9	Tucson to Las Vegas	Southwest #1481 departing 12:40pm	Arriving 2:00pm
Monday, 4/9	Las Vegas to Midway	Southwest #296 departing 2:45pm	Arriving 8:15pm

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 Thursday 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) 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 is included at our resort between the hours of 6 to 11am. 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 covers the cost of breakfast, tax, and gratuity, so no need to bring cash to breakfast.

Arizona Outback Adventures (AOA) will be providing us with lunch on 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 bikes, helmets (if you're not bringing your own), spare tubes, tools, snacks, and sag vehicle support. They will not be providing water bottles for the bike, but we will be giving each camper an ET water bottle on Thursday. I suggest bringing one of your own as well. AOA will also be providing 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 their help and involvement with our group on Thursday, Friday, and Saturday. Please give me any gratuity that you'd like to contribute no later than before we leave for dinner on Friday. I will provide each of you with an envelope for this purpose upon our arrival in Tucson. I will consolidate the money and present it to our guides at the conclusion of our Mt. Lemmon ride on Saturday.

We will be road biking on Friday and Saturday. Sunday will be our active recovery day, which will include a morning run or hike option, a morning outdoor swim, a group lunch, and an afternoon private yoga session.

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!

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 Tucson. Please place your pedals in the bag and give it to AOA during our bike adjustment and ride/route discussion with them on Thursday.

Daytime highs are expected to be in the mid to high 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 (including your **fuel belt** for Sunday's long run or hike, **bike gloves, goggles and a swim cap**). It may be a little 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, 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.

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 coachsuzu@experiencetriathlon.com.

Tucson, here we come!! ☺