



April 15, 2019

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

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

Thursday, 4/25	Midway to Los Angeles	Southwest #1759	Departing 7:50am	Arriving 10:25am
Monday, 4/29	Los Angeles to Midway	Southwest #1256	Departing 12:25pm	Arriving 6:30pm

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](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.

Breakfast is included on each morning of our Camp. On Friday, Sunday, and Monday, a full breakfast buffet will be provided at our hotel between the hours of 6 to 7:30am. After our morning run on Saturday, you will have the option of experiencing a traditional Danish breakfast at the Danish Bakery near our hotel (highly recommended! ☺), or those that want more of a traditional American breakfast may choose to dine at Paula's Pancake House next door to the Bakery. Both of our ride days include a farm-to-table picnic lunch.

**\*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.

Santa Barbara Wine Country Cycling Tours (SBWCCT) will be supplying us with helmets (you may opt to bring your own if you'd like), one water bottle (I suggest bringing one of your own as well), bike maintenance and spare parts, nutrition/hydration, sag vehicle support, farm-to-table picnic lunches on our ride days, and tour guides that will lead our rides. As repeat campers know, these guides are not just your average group ride leaders. They are professionals that will share the history of the valley as we ride, and 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 guide's help and involvement with our group on Thursday, Friday, and Sunday, as well as our caterer. Please give me any gratuity that you'd like to contribute no later than before we leave for dinner on Saturday. I will provide each of you with an envelope for this purpose upon our arrival in Los Angeles. I will consolidate the money and present it to our guides at the conclusion of our Jalama Beach ride on Sunday.

We will be biking on Friday and Sunday. Please remember to bring your pedals and shoes. A local bike shop can easily assist you with removing your pedals. Speaking of pedals, I am also going to present everyone with a Ziploc plastic bag with their name on it upon our arrival in Los Angeles.

**IMPORTANT!:** Please pack your pedals on top, place them in the Ziploc bag, and bring it into the bike shop when we get there on Thursday afternoon.

Daytime highs are expected to be in the upper 70's with abundant sunshine (can you say Sunny 'n 80?!?! ☺). We'll get some good heat acclimation training in! Evening lows are expected to be in the low 50's. We will be running outdoors and swimming and doing yoga indoors during Camp. Please make sure that you bring the appropriate clothing and gear for all of our activities (including your **fuel belt** for Saturday's long run, **bike gloves, goggles and a swim cap**). It may be a little chilly in the morning when we get on our bikes, and it definitely can be chilly near the Pacific Ocean at Jalama Beach, so you may want to consider packing arm/leg warmers, long sleeve dry fit shirts/tights, light jackets and gloves. 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 [coachsuzy@experiencetriathlon.com](mailto:coachsuzy@experiencetriathlon.com).

California wine country, here we come!!