



**USA TRIATHLON
FOUNDATION**

TRAINING CAMP



**USA Triathlon
Foundation AUXO
Collective Training
Camp**

**April 10-13, 2025
Charlotte, NC**





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WELCOME TO USA TRIATHLON FOUNDATION TRAINING CAMP

We are looking forward to hosting you in beautiful Charlotte, NC, for four days of swimming, biking, running, community, and learning! We can not thank you enough for sharing this week and your triathlon journey with us.

Our camp is packed with training, seminars, and experiences that we hope you will be able to use for your 2025 race season and years to come.

We have an idea of what works best but if you are an active participant and communicate with us regularly, we are able and grateful to be able to modify/adjust the camp based on you and your needs.

Lastly, the best part of camp for us is getting the chance to spend time with all of you. So, bring your best attitude, your best effort, and we are going to have a great week! We can't wait to see you at camp. If you have any questions, please do not hesitate to reach out to Lindsay Welker.

See You At Camp,
USA Triathlon Foundation Team



Check In & Arrival

When

Check In begins at 12pm for your housing/lodging at UNC Charlotte Marriott. Our team will be set up in the main conference room on the first floor to get you everything you need for the week.

Where

U.S. Performance Center - 9319 Robert D. Snyder Rd., Suite 416, PORTAL Building

UNC Charlotte Marriott - 9041 Robert D. Snyder Rd, Charlotte, NC 28262

How to Get There

FLYING INTO CHARLOTTE DOUGLAS?

Option 1: Coordinate a ride with another camper.

Option 2: Take a shuttle or car service via UBER, LYFT, or a shuttle service.

First Event

We will meet at 3:00pm in the Conference Room at UNC Charlotte Marriott for a kick-off/welcome meeting followed by a short shake out run at approximately 4:00pm.

Bike Building and Mechanic Help

We will have a bike mechanic on-site the first and last day of camp to assist with bike builds. If you just need any assistance, tools, and maybe a quick 'hey, what's that', our mechanic will be setup outside on Thursday.



Packing List

Swim Gear

- Swimsuit
- Swim towel
- Swim cap
- Goggles
- Spare set of goggles
- Paddles (optional)
- Snorkel (optional)
- Water bottle
- Pull Buoy

Bike Gear

- Bicycle (road bike preferred but triathlon bike is OK)
- Helmet
- Warm and cold weather riding gear
- Bike shoes
- Shoes covers (optional)
- Arm/leg warmers
- Socks
- Gloves
- Bike lights, rear red blinker and front headlight (optional but encouraged)
- Sunglasses
- Bike jacket
- Flat kits (USAT will provide pumps and Co2)
- 2-3 extra tubes
- 3-4 water bottles
- Bike computer (optional)
- Nutrition (USAT will have SAG but prepared to carry your own nutrition if you need it)

Run Gear

- Running apparel (50-60 degree temps)
- Hat
- Sunglasses
- Socks
- Sunscreen
- Running watch
- Running shoes

Other

- Leisure clothes
- Chamois Cream
- Sunblock
- Any special nutritional products
- Toiletries and shower supplies

We will have nutritional items, water, and sports drinks. Please plan to bring your own if you want something specific.

Renting a bike: If you are planning on renting a bike, please don't forget your pedals, helmet, and shoes. It would also be helpful if you were able to provide your saddle height of fit measurements.





Frequently Asked Questions

What bike should I bring?

Ideally a road bike, but at the end of the day, whatever bike you are most comfortable with and like to ride more. The climbs and descents are not very technical and nothing too steep but there is some significant climbing.

How will I know where to go?

We will have ride leaders but it is your responsibility to get familiar with the course maps and download any necessary GPS maps to print or to upload to your devices.

Please note, a lot of places we ride have limited cell coverage, so do not count on your phone for maps/guidance.

Will I Survive?

Of course! Our camps are setup so every level of athlete can get something out of it. The key for a great camp experience is a great attitude, soaking everything up, and being ready to have the best week ever!

Are Bike Rentals Available?

We do not have an official bike rental partner; however there are good local options that both offer road and triathlon rental bikes. If you are renting a bike and need help picking up/dropping off, please let Lindsay know.

Will there be a bike mechanic?

Yes- we will have a bike mechanic on site the first and last day of camp to assist with bike builds and tear downs. We will also have SAG support for each ride to help with light fixes and tire punctures.



Thank You!

*We can't wait to see you at camp!
It is through your support we are able to host
such wonderful events! Bring your best
attitude, your best effort, and we are going to
have a great week! Please do not hesitate to
reach out to Lindsay Welker with any
questions or concerns!*

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