

**USA TRIATHLON  
FOUNDATION**

**USA TRIATHLON  
FOUNDATION**

**TRAINING CAMP**



## **U.S. Olympic and Paralympic Training Site**

**FEB.28 – MAR. 3, 2024  
CHULA VISTA | CALIFORNIA**

### **VISIT**

To view the tentative schedule and register,  
please visit:

**[USATriathlonFoundation.org](https://USATriathlonFoundation.org)**







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## **WELCOME TO USA TRIATHLON FOUNDATION FANTASY CAMP**

We are looking forward to hosting you in beautiful Chula Vista, CA 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 2024 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 via email ([info@usatriathlonfoundation.org](mailto:info@usatriathlonfoundation.org)).

See You At Camp,

USA Triathlon Foundation Team



# CHECK IN + ARRIVAL



## WHEN

Check In begins at 12pm for your housing/lodging. Please go to the athlete entrance on Wueste Drive and the athlete building(the guard at the gate will direct you). As we get closer to camp, we will let you know where our group will meet and be setup to welcome you. Typically, we are setup right outside the athlete center or right in front of your housing/lodging.

## WHERE

### 2800 Olympic Parkway, Chula Vista, CA 91915

Please note, this is the entrance for the museum and tours(GPS Address). You will need to go through the athlete entrance on Wueste Road. If you find yourself at the 'GPS address', you will need to proceed another 800 yards and make a right onto Wueste Road. Please see the map for details.

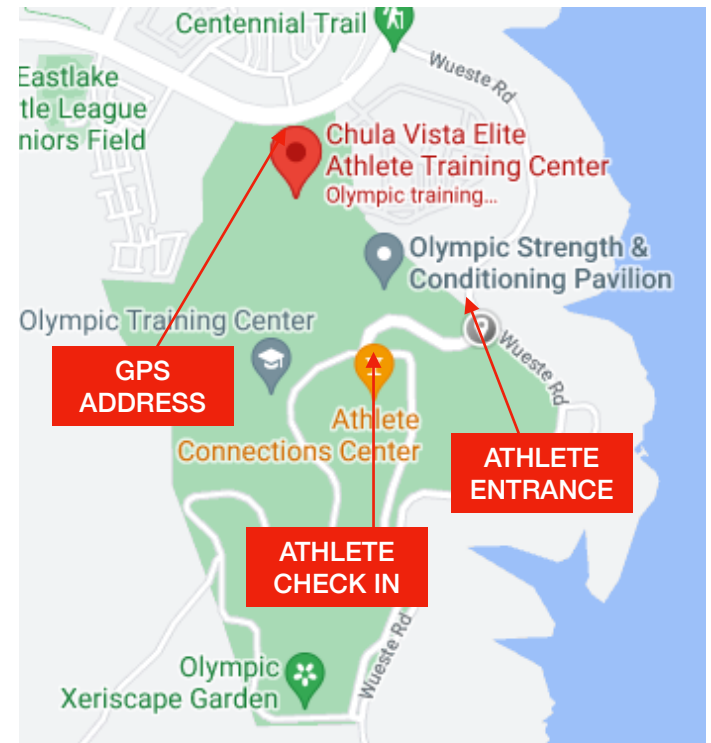
## HOW TO GET THERE

### FLYING INTO SAN DIEGO?

Option 1: Coordinate a ride with another camper.

Option 2: Take a shuttle or car service via UBER, LYFT, or a service such as super shuttle(most economical)

<https://www.supershuttle.com/locations/sandiego-san/>



## FIRST EVENT

We will meet at 3:30pm in the Gold Room for a short kick-off/welcome meeting followed by a short shake out run at approximately 4:00pm.

## BIKE BUILDING & MECHANIC HELP

Prior to camp, we will have a sign-up for bike building and mechanic services. If you just need some tools and maybe a quick 'hey, what's that', our mechanic will be setup outside of your lodging from 1-4.





# Chula Vista Olympic Training Center Map





# TENTATIVE SCHEDULE

	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		6:50am-Vans Depart	6:50am-Vans Depart	6:50am-Vans Depart	6:50am-Vans Depart
7:00 AM		Otay Lakes-- Honey Springs Ride	Swim Session	Transport to Elfin Forest	Swim Session
8:00 AM					
9:00 AM		Breakfast and Free time	Breakfast and Free time		
10:00 AM		Transition Session	Nutrition Session	Elfin Forest Ride and Lunch	Check Out and Departures 9:00 a.m. to 12:00 p.m.
11:00 AM					
12:00 PM			Lunch and Rest		
1:00 PM	Airport Arrivals and Athlete Check-In	Lunch and Rest	2:15 p.m. Vans Depart	Transport back to CVTC	
2:00 PM					
3:00 PM	Welcome/Intros	Run Mechanics Track Session	Proctor Valley Long Run	Optional Shakeout Run	
4:00 PM					
5:00 PM	Shakeout Run	Massage and Recovery	Massage and Recovery	Massage and Recovery	
6:00 PM					
7:00 PM	Opening Dinner	Dinner	Dinner	Closing Dinner	
8:00 PM	Camp Overview	Coaches Q/A	Olympian Q/A	Athlete Night Out	





# PACKING LIST



## Swim Gear

- Swimsuit
- Swim towel
- Swim cap
- Goggles
- Spare set of goggles
- Paddles (optional)
- Snorkel (optional)
- Water bottle
- Lock for Lockers

## Bike Gear

- Bicycle (road bike preferable but triathlon bike is okay)
- 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 for Saturday but prepared to carry your own nutrition if you need it)

## Run Gear

- Running apparel (40-60 degree temps)
- Hat
- Sunglasses
- Socks
- Sunscreen
- Running watch
- Running shoes

## Other

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

*\*Please note: The dorms will have bedding and towels\**

## Other

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 or 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. We would say that we hoped for a Tri bike on about 70% of the riding and a road bike on about 30%. Check out the maps and GPS course links for more info.

## 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 there be a bike mechanic

Yes- we will have Velofix San Diego East 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.

## 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 Pulse Endurance Sports and Moment Bikes are good local options that both offer road and triathlon rental bikes. It's the athlete's responsibility to pick up and drop off rental.



**San Diego East**



# MAPS- NOTES

## ROUTES ARE PRIMARILY ALL OUT + BACKS

Most of our routes are out and backs. We do this so people do not get lost. In addition, it allows all of us to ride together and do different workouts, together. This gives all of us the opportunity to succeed and also chance for our coaches to work with each of you individually during the workouts.

## THINGS CAN CHANGE

All routes are tentative until camp week. These are most likely our routes but we do alter the routes from time to time based on the experience level and ability level of our campers as well as weather. We customize our camps in real time to deliver the best experience possible. So, it is important you attend all pre/post race briefs.

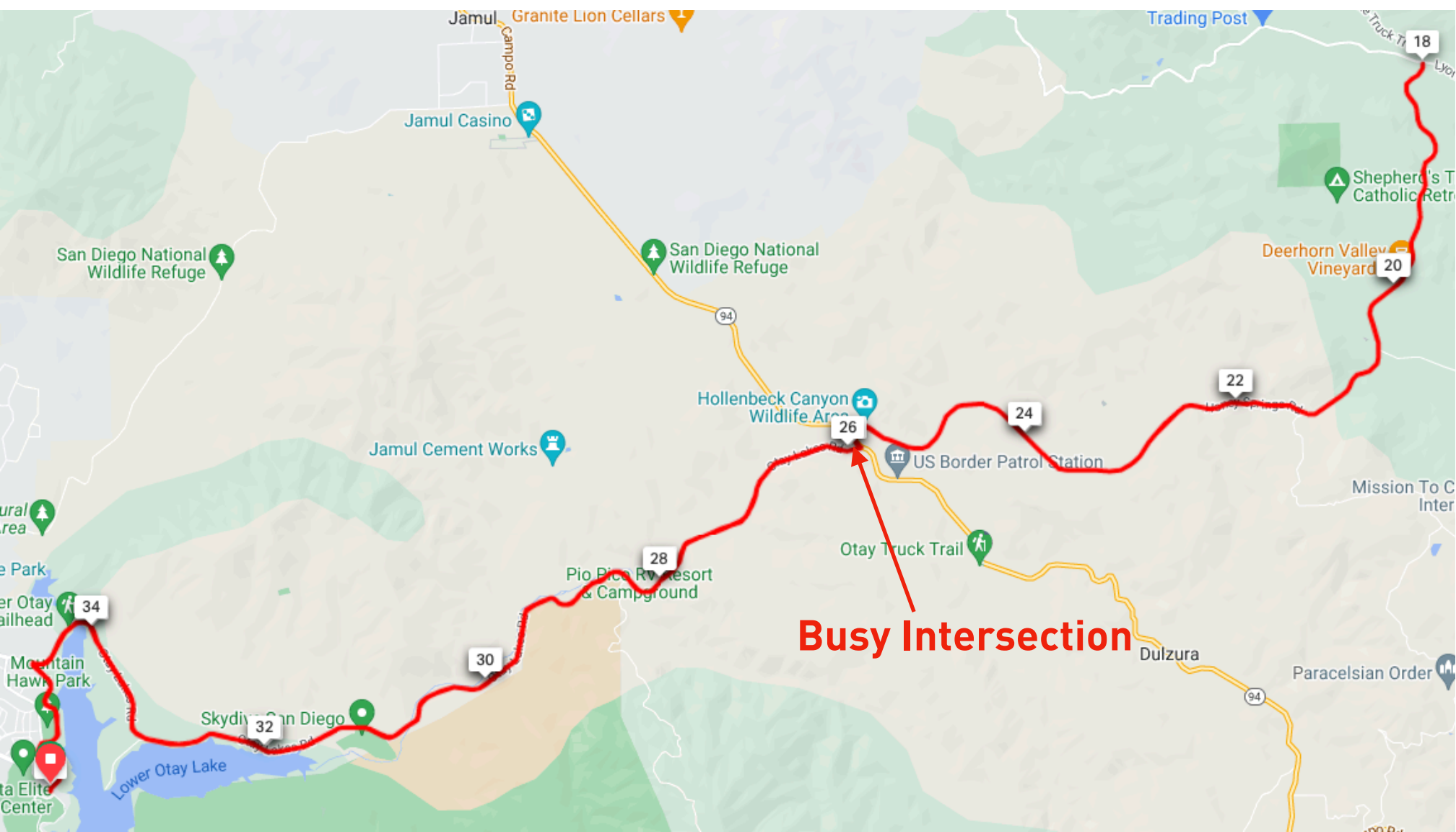
## SOMETHING FOR EVERYONE

All of our routes are carefully planned so every level of athlete can have a great day and get something out of camp. So many athletes come into camp concerned and nervous about their ability levels- don't. We have our camp planned for each of you to have a great day and week.





# OTAY LAKES I HONEY SPRINGS

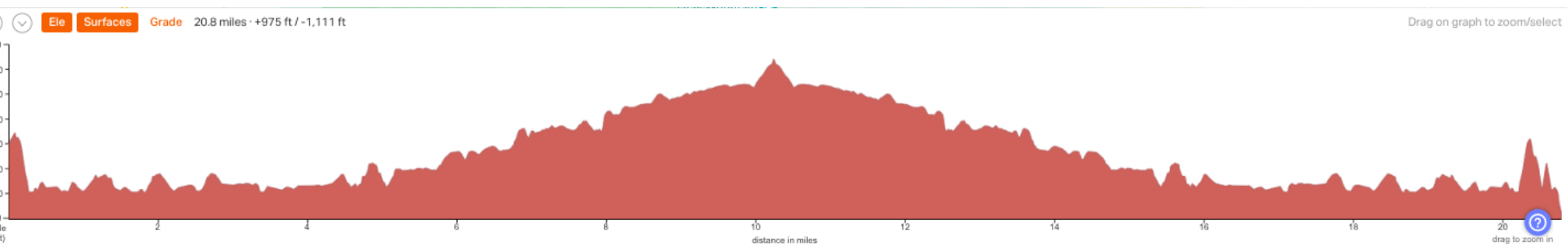


## NOTES

Route Link: <https://ridewithgps.com/routes/42009465>

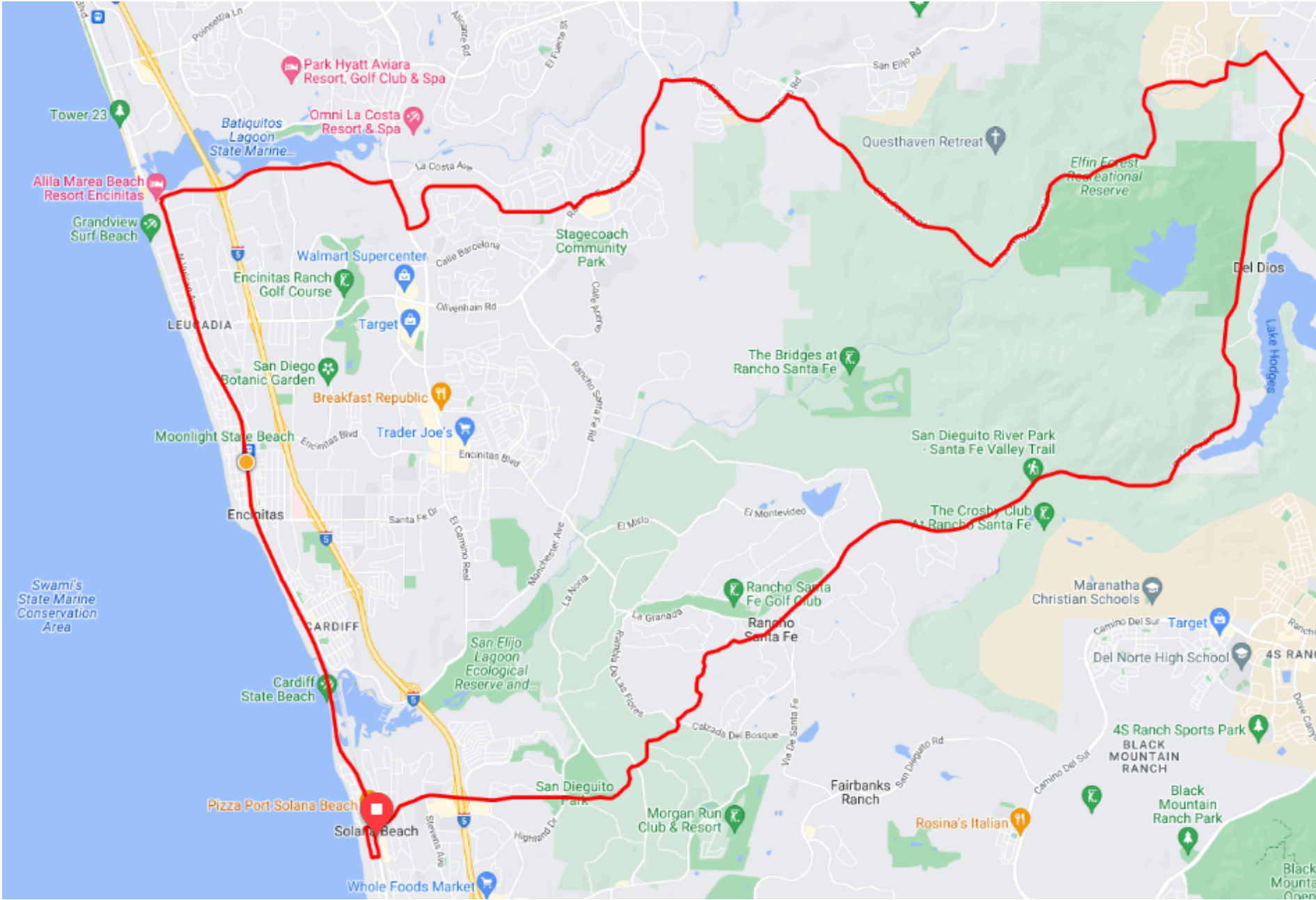
This is an out and back loop

The intersection at mile 26(Campo Rd & Otay Lakes and Campo Road & Honey Springs Rd) is busy and riders should be cautious when crossing through the intersection as the through traffic from both directions does not have stop signs.





# ELFIN FOREST



## NOTES

Route Link:  
<https://ridewithgps.com/routes/42009409>

This ride has a little something for everyone.

Those that want a short and flat option can ride out and back along the Pacific Coast on the 101.

Those that want to do the full route can loop up and through the grades and beauty of Elfin Forest, one of San Diego's most precious natural resources.

SAG will follow and be stationed at the top of the climb at mile 23.

For those that want to be very adventurous, you can tack onto the end and do additional mileage at Torrey Pines.

