



Common Camp Questions:

TriBike or Road Bike?

We only have one short TT on the first training day of camp. Many athletes prefer to climb and handle the occasional rough road surface on road bikes. Early season IM competitors may prefer their TT bike. Make sure you get a tune up and your chain checked 2-3 weeks before camp!

Will there be SAG?

Every ride group will have a camp vehicle in support. This vehicle will carry nutrition, water and additional clothing you might need.

Will there be nutrition for my training?

We will have Gatorade powder in the bike room. If you need something specific please bring your own products.

Should I bring a pump?

No. We will have pumps on site for your use.

Tires on my bike?

The roads in Tucson can be rough at some points. To avoid flats, put on some new tires that are known for their ability to wear well (Continental) and two new tubes. Bring at least four extra tubes with the proper stem length that will fit your bike's wheels. We will provide you with air cartridges for every ride.

DI2 Bikes?

Bring your charger. And charge your bike after you arrive. Gremlins in airplanes have depleted batteries. You don't want to be riding a very expensive single speed bike up the mountain. And put in a new power meter battery too!

I am gluten free/vegan/paleo etc. Can I eat the camp food?

Yes. We will have gluten free products etc. available. If you need something specific, please bring it.



Do I need trail running shoes?

No. Regular running shoes will work great in all of our conditions.

How much nutrition should I carry on the bike?

Please carry a minimum amount of hydration and nutrition to be self-supported for at least two hours on the bike.

Should I try to lose weight during camp?

Hell no! You may find yourself training 30 hours during camp. You need every calorie you can consume to recover from the day's training and be prepared for the next few day's workouts.

Will I gain weight in camp?

It is not unusual to have some water retention after camp. Every gram of carbohydrate retains three grams of water! Don't think about weighing yourself when you get home. Your bloating will diminish significantly in four days.

How should I eat before camp?

Your best bet is to start carbo loading at dinner two nights before camp starts. No need to go crazy but you will want to arrive well fueled.

How should I eat after camp?

Taper in and taper out of camp for fitness and nutrition. No need to leave camp and immediately resume your standard training diet. Your body gets fitter and stronger when recovering and it needs extra calories post camp to get the work done.

How should I dress for cycling?

Bring enough gear for every possible weather situation. Remember there is no poor weather, just poor clothing choices. Descents down mountains are cold! Especially after sweating your way up the mountain. Bring plenty of layers to keep you warm on the way down.

Do I need ID when I ride?

You should always carry your license when riding. If you are a citizen of the world, please bring your passport when riding. We do cross border patrol checkpoints at times. No, we do not enter Mexico.



I am a coffee snob. What do you suggest?

I suggest you are on the right team! The coffee lounge will be hosting morning coffee every day before our first training session. You will be well caffeinated. Thankfully.

Do I need a rental car?

No. We provide all transportation to camp activities. If you need to run an errand consider using a ride share service. It has worked well in Tucson in the past year.

How do you know if I returned from an event?

Please stay with your group leader and communicate with them at all times. And please sign in and out of all activities. We leave no camper behind!

Do I have to do every activity?

No. But please let us know if you plan on not attending a scheduled activity. Remember camp is about the opportunity to push yourself in a protected environment. You will find you were capable of far more than you imagined.

Do activities start on time?

We leave promptly for all activities. Please arrive five minutes early for all departures. If you are on time you are late. And the bus will always leave on time.

I need to ship my bike. Hotel address?

Hotel Tucson City Center 475 N Granada Ave, Tucson, AZ 85701, (520) 622-3000. If you are shipping it in a cardboard bike box, consider packing tape to ship home. And pre-pay the postage to ship the bike back.

Can I get help putting my bike together when I arrive?

We have mechanics on site that will help you and your bike.

Should I bring pool toys?

If you have them, please bring them; including pull buoy, band and paddles. Especially the inflatable lounge chair with cup holder. Unlike Sutto, we won't throw your water bottle over the fence if it is on the pool deck. And treat yourself to a new pair of goggles and a spare for camp. Just like a race.

How do I get from the airport to the hotel? And vice versa?

We recommend you use a ride share service. Uber XL works well with bike carriers.



Will I receive a printed camp agenda and other info?

No. You will receive a link to a dropbox file with everything you need including camp agenda, coach cell numbers etc. Please feel free to print anything you desire to bring to camp. Maps of ride areas will be in the folder too.

Are meals provided?

All meals are provided daily. Please note breakfast is provided complimentary of the hotel. You have your choice of waffles, eggs, oatmeal etc. If this might get redundant for seven days in a row, please consider bringing something to shake it up a bit.

Can I listen to music when I ride/run/swim?

Not in this camp! We want you fully engaged with your training experience and team members. If you're lucky, perhaps the U of A synchronized swimming team will be blasting Pink underwater while you train.

Can I bring my cell phone on rides?

Please do and please program the coaches numbers in your phone.

Anything social I should know?

Campers usually gather in the bar for a light or not so light cocktail before dinner. Please feel free to join in the fun.

I would like to swim for recovery. Is there a pool at the hotel?

Yes. 25 meters without lane lines. And a hot tub. Plus you can work on your tan.

Should I tip anyone?

All camp staff and servers are covered by the camp. Athletes have in the past chosen to tip staff. No pressure!

Please let us know if you have any additional questions. We are here to serve. No easy way...