



Team MPI Spring Training Camp

Thurs 28 Feb – Sat 2 Mar

Henderson, Nevada

Welcome to Team MPI's second annual Spring Training Camp in Henderson Nevada! We're excited to see you all and can't wait to get some great swimming, cycling and running in!

This document will have all your information for the camp in it, so please keep it readily available in either electronic or printed format.

All camp activities will start from the hotel:

Hawthorn Suites By Wyndham Las Vegas/Henderson

910 South Boulder Hwy Henderson, NV 89015

We may be driving to the pool or to a run venue, but this will always be coordinated in advance.

SWIM

Pool is the following:

Heritage Park Aquatic complex

310 S. Racetrack RD. Henderson, NV 89015

BIKE

We'll be biking from the hotel and getting on the River Mountain Loop Trail through Burkholder Trail entry. We'll be going on this trail on different days and maybe different directions.

<http://www.cityofhenderson.com/docs/default-source/Parks-Recreation/river-mountains-loop-trail-map.pdf?sfvrsn=2>

https://ridewithgps.com/routes/19411564?no_redir=1

Additionally, we may have a group enter the National Park to the north of the loop on Northshore Road (old Silverman Course).

RUN

We may use four different areas:

1. McCullough Hills Trailhead: 295 E Mission Dr. Henderson NV 89002

2. Heritage Park (start at Aquatic complex - use paths around entire complex that's 2mile loop)
3. Lake Las Vegas area
4. Historic Railroad Trail (to Hoover Dam. However, the tunnels are showing currently closed so this may be a limited option)

1 v 1 with Coaches

We'd love to chat with each of you for 20 or 30 min about your training, racing or anything else you'd like to talk with us about. We will schedule 1 v 1's with each of you typically at night or in between events.

PACKING LIST

Swim

- Bathing suit
- Goggles
- Fins
- Paddles and Pull buoy
- Snorkel if you have one
- Small pack to carry to pool (we will drive or bike)
- Towel (optional – you could probably use hotel's)
- Swim Cap (we will have for you)
- Ear plugs (if you use them)

Bike

- Your Bike
- Bike shoes
- Bike helmet
- Bike clothes (for three days of riding)
- Bike exterior clothes (Jacket, vest, tights, arm warmers, leg warmers, gloves etc. – totally up to you)
- Water bottle
- Flat kits (no CO2 on plane, we will have those) that include tools to change tire and spare tube (at least one)

Run

- Run shoes (we will be on sidewalks, roads and trails)
- Run apparel to include whatever you think you may need
- Run hydration bottle/container if you think you may need it
- Run socks

Extras

- Regular casual clothes to eat out in – nothing fancy required!
- Small transition bag to carry gear to run or swim (as stated above)

What you don't need and we will have:

- Co2 cartridges
- Bike tools
- Bike pumps
- Nutrition & Hydration during events (as stated above unless you want your own particular kind)
- Backpack on bike (Coaches will each have one to carry anything you want or as you shed clothes if it warms up)