

No Limits 2014 Wildflower Training Camp

Hello fellow campers, here is some information for our upcoming camp.

Athletes attending:

Tim Ryan	Ken Soderquist	Laurie D'entremment	Mike DeLuca
Tim Prior	Paul Boucher	Amr Azhary	Kevin Walsh
Mario Frison	Richard jansen	Lesley Tozer	Chris Oliphant
Kent Tilley	Dwayne Vanderveen	Mark Herasymiuk	Anthony Giuffre
Britt Giuffre	Anthony Giuffre		

Coach:

Todd Malcolm

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Van Rentals

Who has rented a Van?

1. Mike and Laurie – Arrive on Saturday April 26 and will drive up to Paso Robles
2. Tim Ryan – Van rented (Can take 2 others) perhaps Kent and Richard
3. Ken – Van rented (will have Mario and maybe Tim P)
4. Todd – Van Rented (Dwayne and Amr in Van)
5. Kevin or Paul (will rent something and will return on Sunday)
6. Giuffre's could rent a family Van
7. Need one more van for Chris + Lesley and Mark??

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Camp Nutrition

Hammer nutrition will be provided at the camp.

Each person will receive 2 tubes of endurolytes and a water bottle.

The powder for the rides will be HEED and Perpetuem.

There will also be Hammer gel available.

I **strongly** recommend that you bring your own nutrition so that you will have enough nutrition for each ride during the camp.



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Cooking / Meals

Each day we will be making our own meals. Please send me ideas of meals that you would like. Ideally we would have each person pick a meal and send me the ingredients and recipe so that I can add to the shopping list.

Sunday April 26, 2014:

In previous years we stayed at the Adelaide Inn in Paso Robles. Many of you have already booked rooms here,

If you need help in getting a roommate please let me know.

Each person in the room is responsible for their cost of the room.
Here is the contact info:

<http://www.adelaideinn.com/html/san-luis-obispo-lodging.asp>



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Accommodation for the camp (April 28– May 5)

I have 5 houses booked at Lake Nacimiento. Below are the housing assignments.

Russo House	Loomis House	Iverson	Fibich	Kemble House
Todd Tim Prior Laurie	Paul Kevin Amr Dwayne Mike	Chris Lesley Kent Richard	Tim Ryan Ken Mario	Giuffre's and Mark



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Meals (tentative plan)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
-cereal -bagels -eggs -bacon -fruit	Similar	Similar	Similar	Similar	Similar	Similar
Sandwiches	Sandwiches	Sandwiches	In Cambria (Oceanside)	Sandwiches	At race site	At race site
BBQ -steak -chicken -burgers	Chicken Curry	Quesadillas -chicken -Veggie	BBQ Fish	Spaghetti	Pasta Salad chicken	BBQ



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I will make a grocery list based on the above plan and will get groceries Sunday. Please let me know if there is something that you would like or have allergies to. Last camp many went to the grocery store together and did the shopping. This made the shopping go by much faster as we split up the shopping list. Keep this in mind and let me know if you wish to help out in this area. Please note that I will not be buying alcohol for the group. If this is something you would like to have please purchase separately.

Cooking / Meals Each day we will be making our own meals. Please send me ideas of meals that you would like. Ideally we would have each person pick a meal and send me the ingredients and recipe so that I can add to the shopping list.

Some of you are great cooks. Others maybe not. Let's alternate each day and pitch in with the cooking and cleaning. If you are especially good at cooking a meal and would like to do that please let me know. If you like to BBQ maybe that day would be for you. Last year we had plenty of food and the meals were fantastic.



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Tentative training plan for the week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Unpack and assemble bikes	Ride course 90-140 Km 4-6 hrs	Swim (60 min)		swim (Lake)	Long course	Short Course & Relay
Bike Easy 2-3 hours	Lake Swim (30 min)	Hills 2 – 3 hrs	Cambria to Paso and Back 4 hours	Bike Peachy Canyon Road (Paso)		
Run Hilly or flat 30 min	Run 5 Km (Flat)	Run Long course 60-90 min	Run 10 Km course	Race check in		
Bike Repair & Nutrition		Quick dip in Lake	Race Planning			



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What to bring? Suggested items:

<u>Swim</u>	<u>Bike Gear</u>	<u>Run gear</u>	<u>Other</u>
Swim suit	Bike	Run shoes	Drink powder
Wetsuit	Shoes	Socks	Gels
Goggles	Computer	Sunscreen	Salt tablets
Towel	Water bottles 3-4	Hat	Passport
Antifog	Spare tubes	Band aids	Maps
Anti chaffing cream	Patch kit	Tights	American \$\$
Beach towel	C02 adapter	HR monitor	
Sun Screen	Helmet	Race belt	
Sun burn cream	Pedals	Race towel	
	Gloves	Run shorts	
	Arm warmers	Sun glasses	
	Vest		
	Jacket (rain)		
	Gel flasks		
	Shorts		
	Jerseys		
	Bike tools		
	Pump		



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Please note that I will bring some bike tools. Hex wrenches, torque wrench and pedal wrench. **Everyone** needs to have a repair kit on their bike so that they can fix a flat if needed. Items to have in kit: Spare tube, tire levers, basic allen wrenches, and a patch kit. We will need to buy CO2 once in California as we are not allowed to carry them on the airplane.

***** Make sure that your brake pads are in very good condition and consider replacing your current brake pads with new ones as we will be going down some steep descents*****

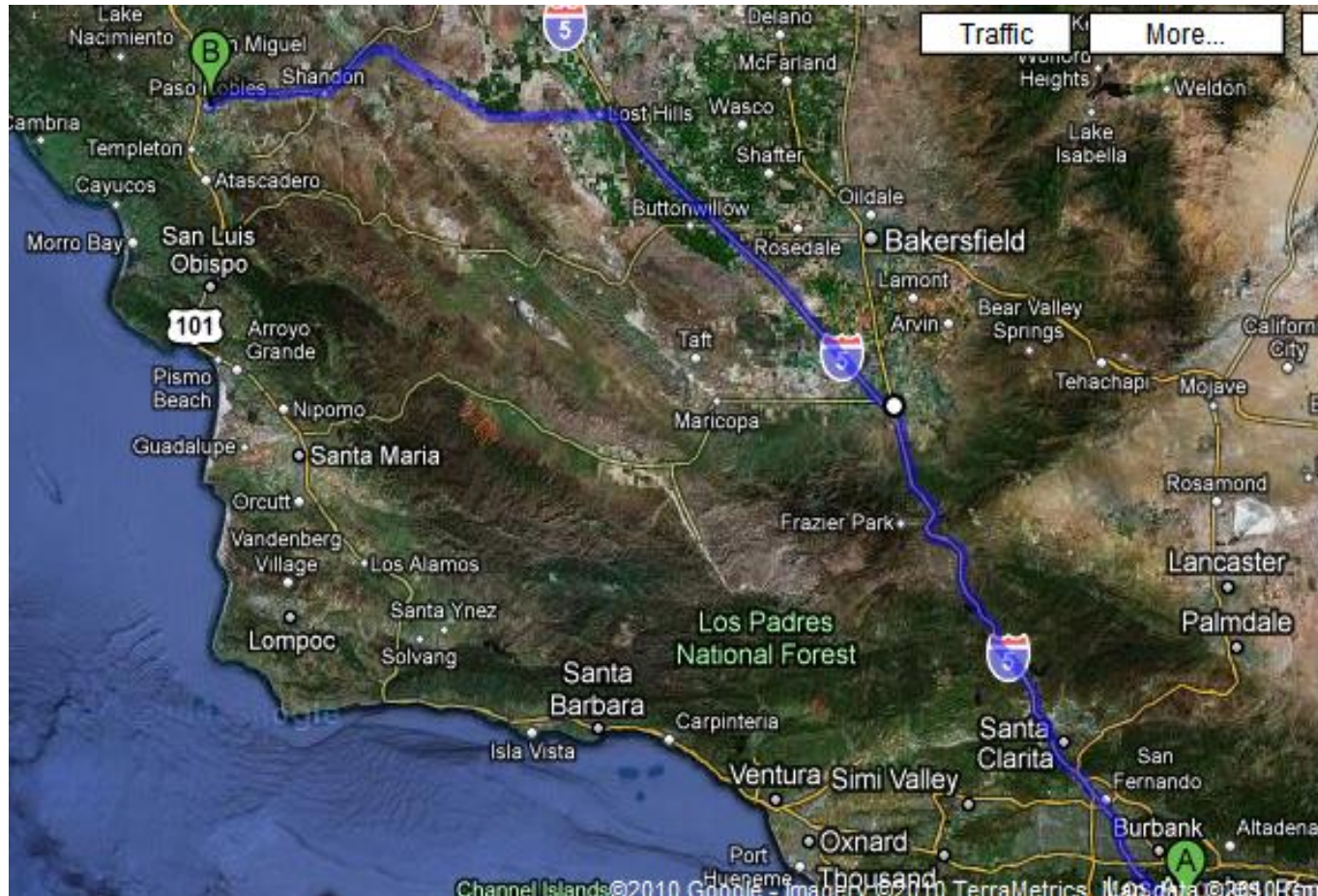
***** Please have your bike equipped to carry 3 water bottles at a time. This may mean carrying 1-2 behind the seat and 1 on your aero bars *****

***** Your bike must be in good working condition. Please tune up before the trip*****



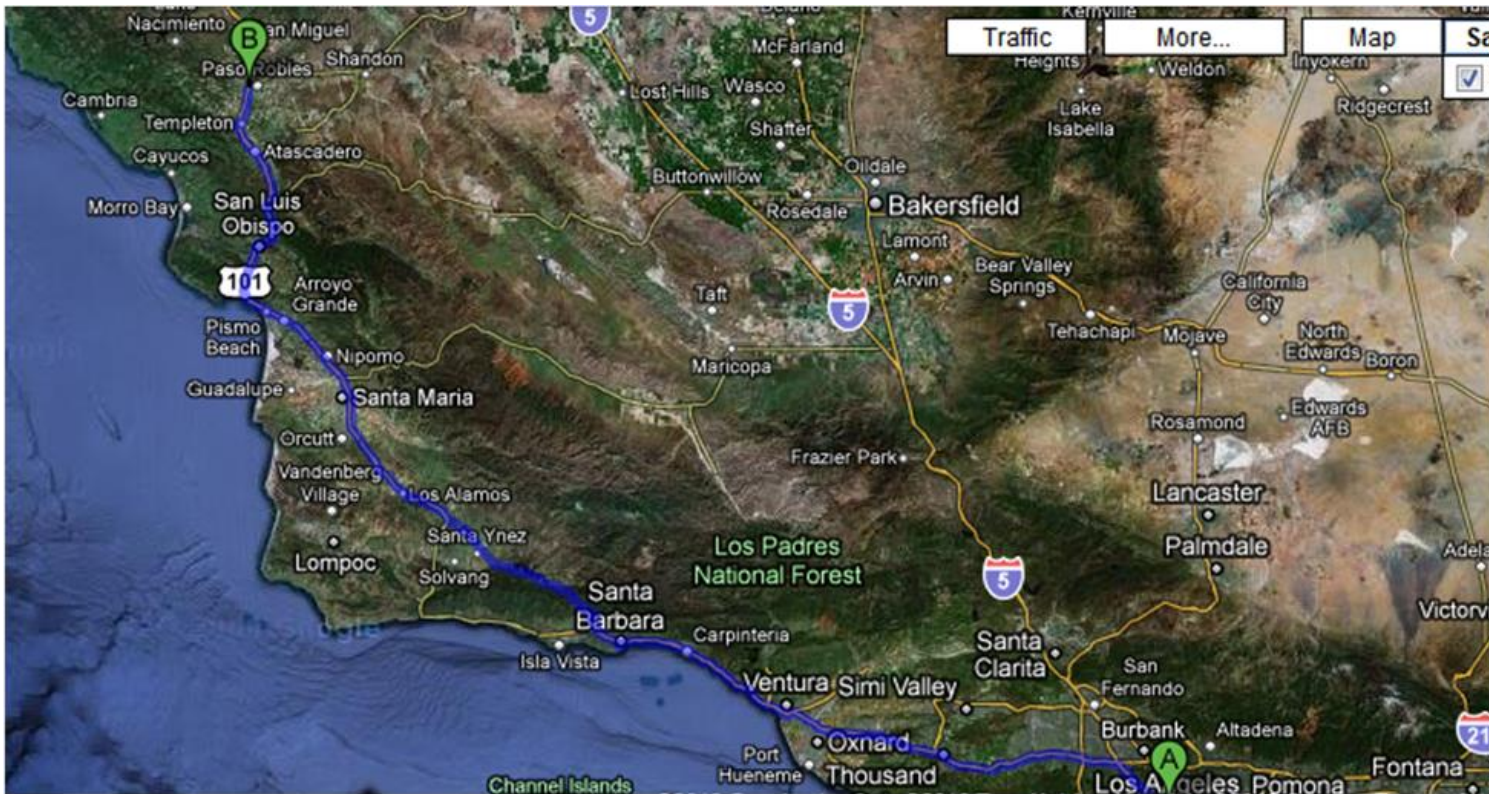
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Where is Paso Robles?



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Note there are 2 ways to get to Paso Robles. One is near the coast and the other is more inland on #5. I will take #5 as I believe it is faster. If you want a more scenic route feel free to take the 101




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Where are the houses located?

Type in 1 oak shores Drive (Bradley , CA 93426) into google map

 Paso Robles, CA
USA

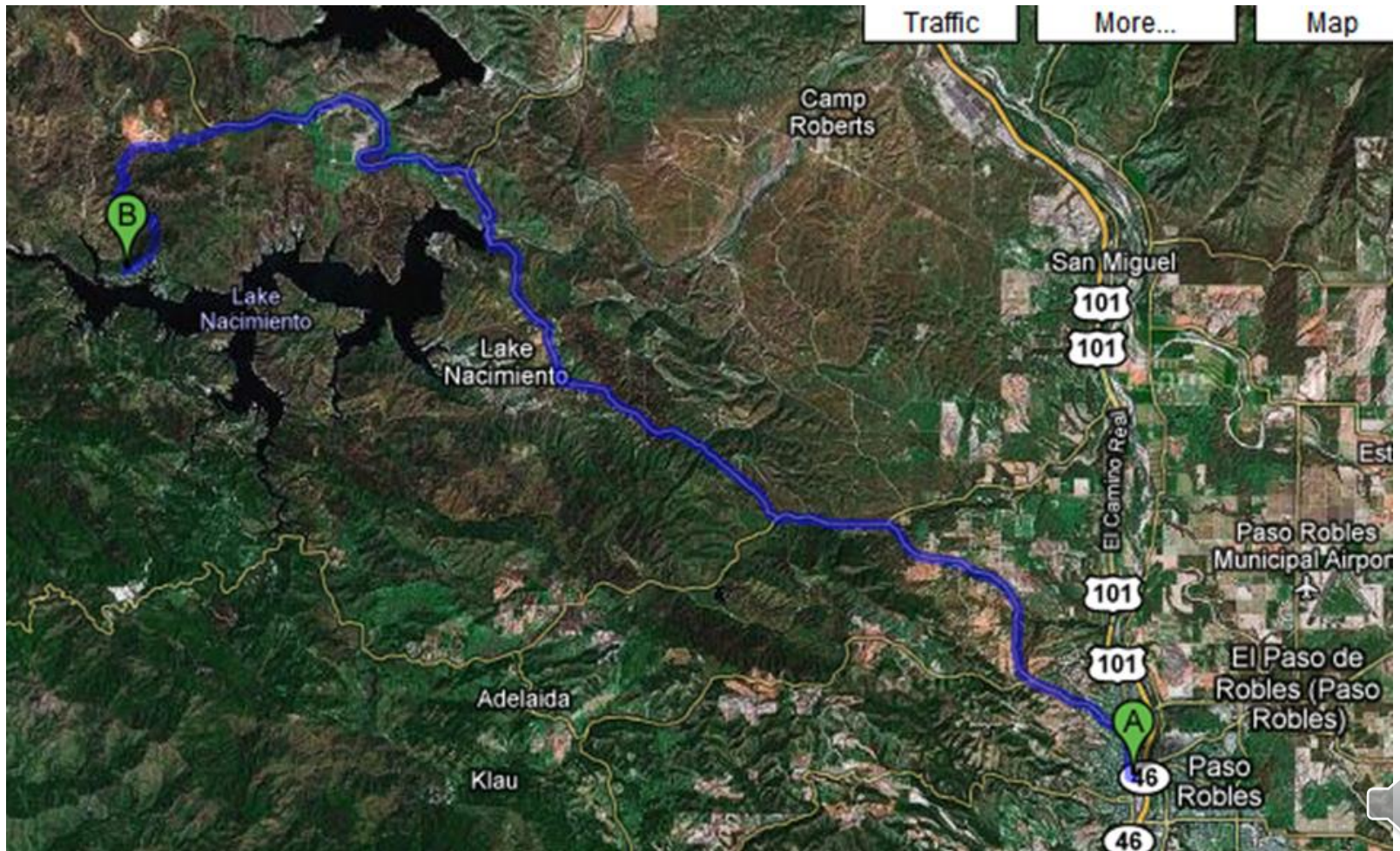
1. Head west on 12th St toward Spring St
2. Take the 1st right onto Spring St
3. Turn left at 24th St
4. Slight right at Nacimiento Lake Dr/Paso Robles Rd
Continue to follow Nacimiento Lake Dr
5. Turn right at Godfrey Rd/Nacimiento Lal Dr
Continue to follow Nacimiento Lake Dr
6. Turn right to stay on Nacimiento Lake Dr
7. Turn left at Interlake Rd
8. Turn left at Lynch Canyon Rd
9. Turn left at Oak Shores Dr
10. Turn right to stay on Oak Shores Dr
Destination will be on the right

 1 Oak Shores Dr
Bradley, CA 93426, USA



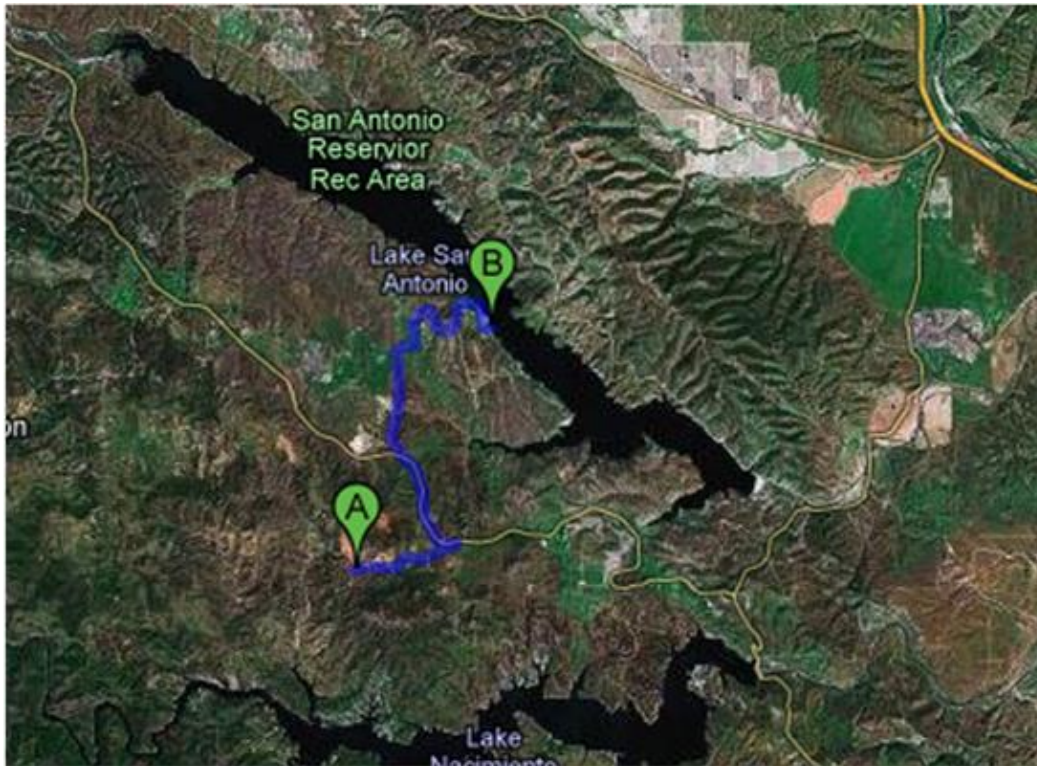
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Location of the houses



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Where is the house relative to the Race Site? 20 min drive.



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Please add my contact information to your phone.

I am very much looking forward to the camp!

Please let me know you have any questions.

Thank You,
Todd Malcolm
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