

Season Kick-Off Training Camp 2014

Friday, May 9 – Saturday, May 10

[Bear Creek Mountain Resort](#), Macungie, PA

Sunday, May 11

[Beltzville State Park](#), Lehighton, PA

HIGHLIGHTS:

- ✦ FREE participation for current Club members! (\$35/day fee for Friday or Saturday for non-Club members; no charge for Sunday)
- ✦ Meet, train, and socialize with some of your fellow Endurance Multisport Club members
- ✦ Train alongside Endurance Multisport coaches and pick their brains...it's your chance to ask ANYTHING about swim/bike/run to any coaches in attendance
- ✦ Low-key, no-pressure, social atmosphere throughout the weekend
- ✦ Ride and run course preview of the Grin & Bear It summer triathlon training race series, led by Endurance Multisport coaches
- ✦ Open water swim practice in a safe environment with buoys and support kayaks, or option of doing your own swim workout in an outdoor heated pool
- ✦ Road and trail options for bike and run
- ✦ Sunday's training takes place on the popular and tough [Black Bear Tri](#) course, based at [Beltzville State Park](#)
- ✦ Beautiful, relaxing environment of Bear Creek Mountain Resort (see [MAP](#) for directions)
- ✦ Savings on hotel room rates at the [The Hotel at Bear Creek](#) using code **enmu14**. Overnight stay is encouraged but **NOT** required to take part in any of our activities.
- ✦ Free nutrition product sampling from some of our sponsors
- ✦ Bring your mom along and treat her to a [spa treatment](#) as a Mother's Day present
- ✦ Training, beer, food, training, more beer and food, and some more training!

ITINERARY NOTES:

- ✦ Any time slot not filled with activities can be used as free time by attendees and their guests to perform their own training, schedule a massage at [The Spa at Bear Creek](#), grab a snack at one of the resort's eateries, explore the expansive resort grounds, or just hang out
- ✦ ALL food and drink purchases are YOUR responsibility
- ✦ This is a **VERY low-key, social, relaxed, FUN training camp experience** for all involved. There will be athletes in attendance with experience and ability spanning the entire range from beginner through elite, so everyone will find others to keep pace with in training.
- ✦ Attend every day if you're able to, OR only the days you'd like, OR just show up at the Saturday night group dinner with your teammates!
- ✦ Come prepared to train as hard as you'd like or relax as much as you want. It's up to you!

IF YOU WISH TO ATTEND OR HAVE QUESTIONS:

- ✦ RSVP to camp@endurancemultisport.com

FRIDAY, MAY 9

3 PM or later

- Hotel check-in

5:00 – 6:45 PM

- [Grin & Bear It \(GABI\) bike course](#) ride-through. We'll be riding the hilly course 1x through (10 mi) as a no-drop group ride. OPTIONAL second loop for the hardcore hill-lovers among us (ride at your own pace). Meet outside the lobby of [The Hotel at Bear Creek](#) ready to ride.

6:45 – 7:30 PM

- [Grin & Bear It \(GABI\) run course](#) run-through. Reconvene outside the lobby of [The Hotel at Bear Creek](#) ready to run. We'll do this hilly course 1 or 2x (1.5 or 3 mi).

8:00 – ? PM

- Dinner on your own or with others

SATURDAY, MAY 10

7:45 – 8 AM

- Meet in lobby of [The Hotel at Bear Creek](#), ready to head to the lake or the outdoor pool to swim

8 – 9:30 AM

- Your choice of swim session
- Open water swim (open water swimming only available during these hours today); wetsuit recommended
- Outdoor heated pool, swim workout provided

9:30 – 11:45 AM

- Breakfast / lunch at [Trail's End Café](#) at Bear Creek

12 – 12:30 PM

- Meet at [Rodale Park](#), directly across from the [Valley Preferred Cycling Center](#) (aka the Lehigh Valley Velodrome), with the goal of starting ride [~12:30](#). Click [HERE](#) for directions from Bear Creek Mountain Resort to Rodale Park.

12:30 – 6 PM

- Group rides on scenic, lightly-travelled, mostly rolling country roads. Short (1.5 – 2 hr) and long (4-5 hr) ride options available. Intensity will be based on participating riders' levels.

3 PM or later

- Hotel check-in, if you're arriving today

2 – 6:30 PM

- Transition runs beginning post-ride at [Rodale Park](#). Short (20 – 30 min) and long (1 – 1.5 hr) options.

7 – ? PM

- Group dinner at [The Grille at Bear Creek](#)
- Grab drinks at the bar before/after dinner

SUNDAY, MAY 11

7:45 – 9 AM

- Breakfast at [Trail's End Café](#) at Bear Creek

9:00 – 9:15 AM

- Hotel check-out (if you're not going to [Beltzville State Park](#), feel free to stay till noon or ask for an extended check-out time of 1PM)

9:15 AM

- Leave to drive to [Beltzville State Park, Lehighton, PA](#) (approximately 50-60 minute drive from the resort)

11 – ? AM

- [Black Bear Triathlon](#) Course Ride: Several ride options will be available covering the sprint, Olympic, and half-iron courses. Ride leaders will accommodate different rider levels.
- Choose whatever distance you wish to ride
- Transition run to follow

1:30 – ? PM

- BBQ at a pavilion at [Beltzville State Park](#)