



2016 Team-Marsh and Jen Rulon Ironman Texas Camp

Tentative Itinerary: March 17 – March 19, 2016.

Thursday March 17, 2016

- 6 – 8pm: Welcome dinner in The Woodlands. This will be a welcome dinner and QA session with the meal included as part of the camp fee.

Friday March 18, 2016

- 7am – Noon: Ride on the Ironman Texas bike course. The staging point will be at the VR Cycling Studio on Tamina Road. We will have maps provided as well as 2 sag stops during the ride.
- Noon – 2pm: Catered lunch at VR Cycling studio following the ride. This is also included with the camp fee. Additional QA as well as race day nutrition will be covered.
- 6 – 7:30pm: Group swim session and instruction at POD Aquatics in The Woodlands. This is an indoor 4 lane pool.
- Dinner is on your own for Friday. There are numerous locations in The Woodlands that will fit all tastes.

Saturday March 19, 2016

- 7 – 9:30am: Run on the Ironman Texas course. Staging will be at Northshore Park. We will provide a small breakfast post run.
- 11 – Noon: 2nd swim session at POD Aquatics in The Woodlands.

Included with camp:

- Sag support on the long ride and aid station on the run
- 2 coached swim sessions with stroke instruction
- 3 meals will be provided to camp participants
- Question and Answer sessions on Thursday and Friday as well 'as needed' during the camp
- Nutrition provided by First Endurance
- Additional sponsor or products as they can be procured

Not included with camp:

- Lodging
- Transportation to and from the various venues

Camp Cost: \$250 for Team-Marsh and Jen Rulon Racing members. \$300 for others. Limited to 16 total participants.

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