

RTS Age Group Camp, St George, UT

February 16th - 20th 2023

Ready, set, go!



Come and join us in beautiful St George, UT over President's Day weekend 2023. Enjoy some of the best scenery the world has to offer while being trained by and looked after by some of the most talented triathletes in the world.



REAL TRI SQUAD

Why attend the RTS camp ?

- Improve you cycling ability
- Work on your swim technique
- Improve your running
- Increase overall training volume
- Workout together in a safe environment
- Have SAG supported training rides
- Train with friends and meet triathletes from across the world.
- HAVE FUN !!!



REAL TRI SQUAD



Swim

Indoor swimming will have our pros on deck coaching you through some fantastic workouts. All speeds will be catered to.

- University of UT Olympic pool (or other)
- Multiple lanes catering to multiple speeds
- Indoors - so don't worry about the wetsuit!



REAL TRI SQUAD



Bike

Who's ready to climb Snow Canyon guided by St. Georges' most famous triathlete, Nicholas Chase? No-one knows these roads better than Nick. We will split into groups by power to weight ratio and each group will have a pro leader and full SAG support will work it's way through the groups.

- TT or road bikes welcome
- Beautiful scenery
- Pro led groups
- Full SAG support



Run

Road and trail, lets have some fun. Out and back runs will cater to all speeds. Runs off the bike, runs in the morning, runs in the evening! Injured ? No problem, we will adapt to your needs.

- Out and back timed runs, no one left behind
- Technique coaching
- Nutrition and Hydration provided
- Running together is just more fun !



RTS

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What is included ?



Accommodation

- Hotel or AirBnB
- Double occupancy
- Single occupancy upcharge \$TBD



Bike tech support

- Local techs will help service your bike as needed.



Training

- Pro led rides
- Pro led swims
- Running workouts
- Recovery
- SAG Support

Food

- Lunch at Gaias Garden Cafe
- Family style dinners
- Hotel Breakfast



What is not included ?



Your Bike

- Bring it!!!

Flights

- Fly into St George
- Fly into Las Vegas - 2 hr drive
- Fly into Salt Lake City - 4 hr drive



Car Rental

- You will not need a car once you get here



Attitude

- This is all on you Bring a good one !



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Item	Summary	Cost
<i>Early Bird Pricing</i>	<i>This price level is only open to squad member for the month of November 2022</i>	<i>\$1,800</i>
<i>Regular Squad Pricing</i>	<i>Open to squad members only for the month of December</i>	<i>\$1,900</i>
<i>Open sign up</i>	<i>If we have not filled all spots it will be open to the general public Jan 1st 2023</i>	<i>\$2,000</i>
<i>Jakroo Camp Kit</i>	<i>Complete the look with your RTS jersey and bib shorts</i>	<i>\$300</i>
	<i>Deposit of \$500 will be required upon all sign ups</i>	



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See You There!



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