



FAQ – Food 1st Fitness Endurance Camps

What do our camps involve?

- 2 days of swimming, biking, running, learning, gathering, pushing & building your body!!!

What if I don't swim?

- There are 3 coaches here to help you overcome any concerns you have from a swimming standpoint. From 1st time swimmers who are learning to swim, to seasoned swimmers, who are looking to improve. We will have options for everyone.

What if I am a gravel cyclist only?

- Look for upcoming information for fall options for our gravel cyclists!!

How do you know if this is the right level of camp for me?

- Our camps are for anyone who is willing to PUSH themselves out of their comfort zone!!
- Our camps will have different levels of bike rides to accommodate your needs!
- Our camps will have various pace groups for the runs & swims...you will get assigned a group, yet if you show potential, we WILL move you up...come on, you want to grow right??
- Our camps will have kayak support during the Open Water Swim so that you can get in that 1st open water swim, or if you need more distance, we can accommodate that need!

Will there be accommodations available for out of town folks?

- Absolutely! With your 2 day camp registration, we will hold your room for you.
- There will be single & double occupancy rooms available on a 1st come, 1st serve basis.

What if I live local, should I secure a room?

- **YES! In our previous camps, we have found that when athletes stay overnight, they get emerged into the community of the camp, as well as receive the nourishment to fuel them throughout the camp!!**

Speaking of food, is food provided?

- YES, with your registration, you will receive Breakfast, Lunch, Dinner & snacks throughout the weekend.