



Come experience a week of on and off-road multi-sport fun. Each day, campers will receive general speed, endurance, and technique instruction and training in swimming, cycling, and running to prepare them for two exciting camp races and beyond. Competing in teams, campers conquer a challenging off-road Adventure Race course. Differing each year, past races have included supervised surprises such as traveling up creeks, splashing through tunnels, entry-level mountain biking, a canoe swim (life jackets provided), and team challenges. A spectator-friendly youth distance triathlon (pool swim) caps off the week. Each day includes a chance to beat-the-heat in the water.

*****Camper must be able to pass the required swim test given on the first day of camp before they can participate.**

What to bring for Triathlon/Adventure Racing:

- Brown bag lunch
- Play shoes/clothing for Adventure Race (you will get muddy)
- Running shoes/Clothing
- Swimwear and a Towel
- Goggles
- Backpack
- Sunscreen
- Water bottle
- Bike (gears & knobby tires strongly recommended) - (these can be left at the school each day, they will be locked in a classroom overnight)
- Bike Helmet

Instruction:

- Speed, endurance, technique
 - Basic race nutrition
 - Race instruction
 - Transition strategy
 - Entry-level mountain biking
 - Basic navigation
- Additional Waiver Required for Canoe/Kayak & Triathlon/Adventure Racing: Click [HERE](#) to download the waiver. Complete and mail a week before camp begins to: FCA, 10835 Tidewater Trail, Fredericksburg, VA 22408. **WE MUST RECEIVE THIS WAIVER BEFORE THE CAMPER CAN PARTICIPATE.**