



Orientation – Be Prepared!!

What to wear?

- Appropriate footwear – the right shoes are critical!
- Light layered technical fabric clothing (check the weather)
 - Socks
 - Shirts - short sleeve/tank (warm weather)
 - long sleeve (cool/cold weather)
 - Shorts or tights
 - Vest or light jacket
 - Sports bra – properly fitted
- Watch - stop watch or with interval timer

What you must have?

- Water bottle pack and water or sports drink
- Energy replacement gels/food

What you might need or want?

- Heart Rate Monitor – if you choose to use one
- Body Glide for chafing
- Sunglasses
- Sunscreen – apply one hour prior to workout
- Reflective gear in the evening
- Headlamp, reflectors or flash light for the evenings
- Towel
- Change of clothes

What we will provide:

- Coaching on the course
- Bathrooms at most training locations
- Technical Shirt
- Various Seminars
- Written workout schedule
- Weekly emails

Check In/Out Policy

- All training participants are asked to check in and check out of practice in order to ensure your safety. The check in/check out process is very simple.
- We will have a table set up at all workouts with sign in sheets. Each participant should check in and initial next to your name. The lists will be in alphabetical order. Also, if your name is highlighted, check with the staff as that means we need some additional information from you (i.e., waiver, shirt size, etc). You will then gather with your coach in your groups designated area.
- When you return from the workout you must stop by the table and check yourself out by initializing next to your name.