



**TRI**  
**MADNESS**  
endurance team  
— **SPRING TRAINING CAMP** —

**PARTICIPANT GUIDE**





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# CAMP SCHEDULE

Friday

Mar 20

TIME	ACTIVITY	LOCATION
10:00 AM	ATHLETE CHECK-IN, SWAG PICKUP	MICKLER'S LANDING BEACH
Noon	PRE-BIKE INSTRUCTIONS	MICKLER'S LANDING BEACH
12:15 PM	ICEBREAKER BIKE RIDE	FLORIDA HIGHWAY A1A
2:45 PM	EASY OTB RUN	PONTE VEDRA BLVD
3:30 PM	OPEN WATER SWIM OPPORTUNITY	MICKLER'S LANDING BEACH
5:30 PM	(OPTIONAL) GROUP GATHERING & HAPPY HOUR	STRINGS SPORTS BREWERY

Saturday

Mar 21

TIME	ACTIVITY	LOCATION
7:00 AM	GATHER & PREP FOR LONG RIDE	NOCATEE PRESERVE TRAILHEAD PARK
7:20 AM	PRE-BIKE INSTRUCTIONS	NOCATEE PRESERVE TRAILHEAD PARK
7:30 AM	LONG RIDE & LONGISH OTB RUN	NOCATEE PRESERVE TRAILHEAD PARK
1:30 PM	POOL SWIM OPPORTUNITY	PLANET SWIM, PONTE VEDRA BCH
3:00 PM	RESTORATIVE YOGA	NOCATEE PRESERVE TRAILHEAD PARK
4:15 PM	BIKE COURSE RECON (ON YOUR OWN), REST, SHOPPING	VARIES
6:30 PM	HAPPY HOUR, GROUP DINNER, PARTNER & SPONSOR GIVEAWAYS	LOCATION TO BE ANNOUNCED

# CAMP SCHEDULE

Sunday

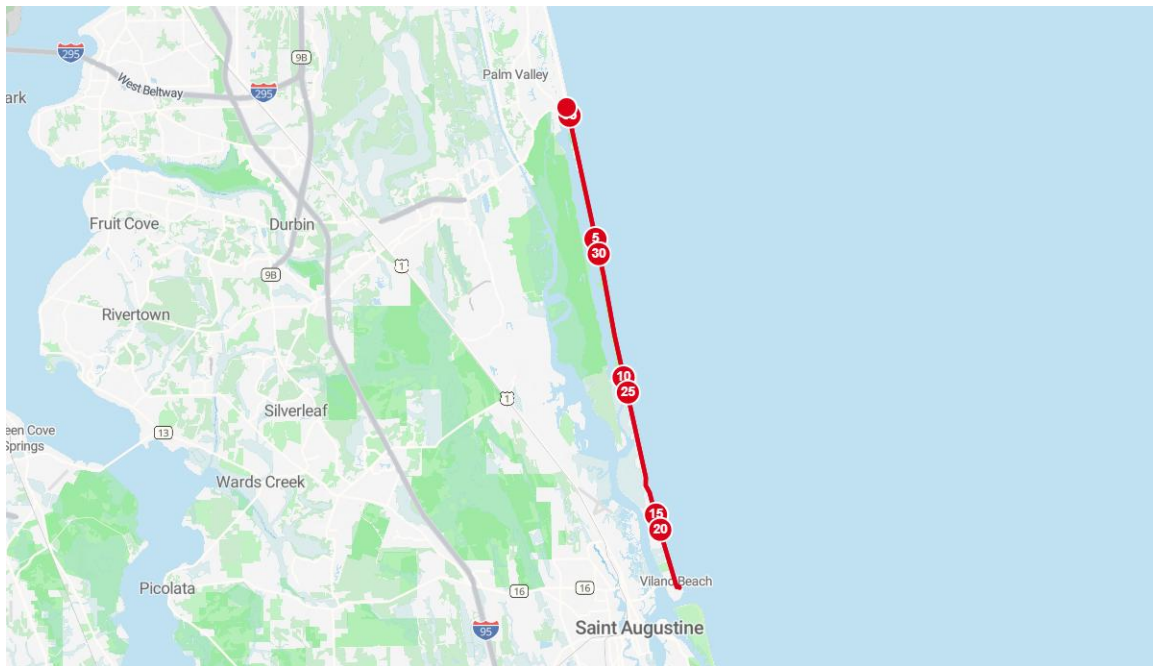
Mar 22

TIME	ACTIVITY	LOCATION
BY 6:45 AM	GATHER AND PREP FOR LONG RUN	MEMORIAL PARK
6:45 AM	PRE-RUN INSTRUCTIONS	MEMORIAL PARK
7:00 AM	LONG RUN (8.5 OR 17 MILES)	IRONMAN JACKSONVILLE RUN COURSE
11:00 AM	IMJAX SWIM & T1 RECON	MEMORIAL PARK
11:30 AM	BIKE HILL REPEATS	ACOSTA BRIDGE
1:00 PM	CAMP RECAP	MEMORIAL PARK



# FRIDAY BIKE

**ICEBREAKER RIDE** - The first event of this year's camp is an easy effort, out and back ride on Florida's Scenic & Historic Coastal Highway (also known as A1A). You'll head out of the Mickler's Landing parking lot and head slightly west before turning left to head south on A1A. You'll head south through the Guana River Wildlife Management Area towards historic Saint Augustine. The course reverses at the Vilano Beach Oceanfront Park and heads back up A1A to Micker's Landing. This ride is intended to be an **easy, no drop** sort of ride to activate your legs, get acquainted with other campers and enjoy the beauty of Northeast Florida. We **WILL NOT** provide an aid station on this ride.



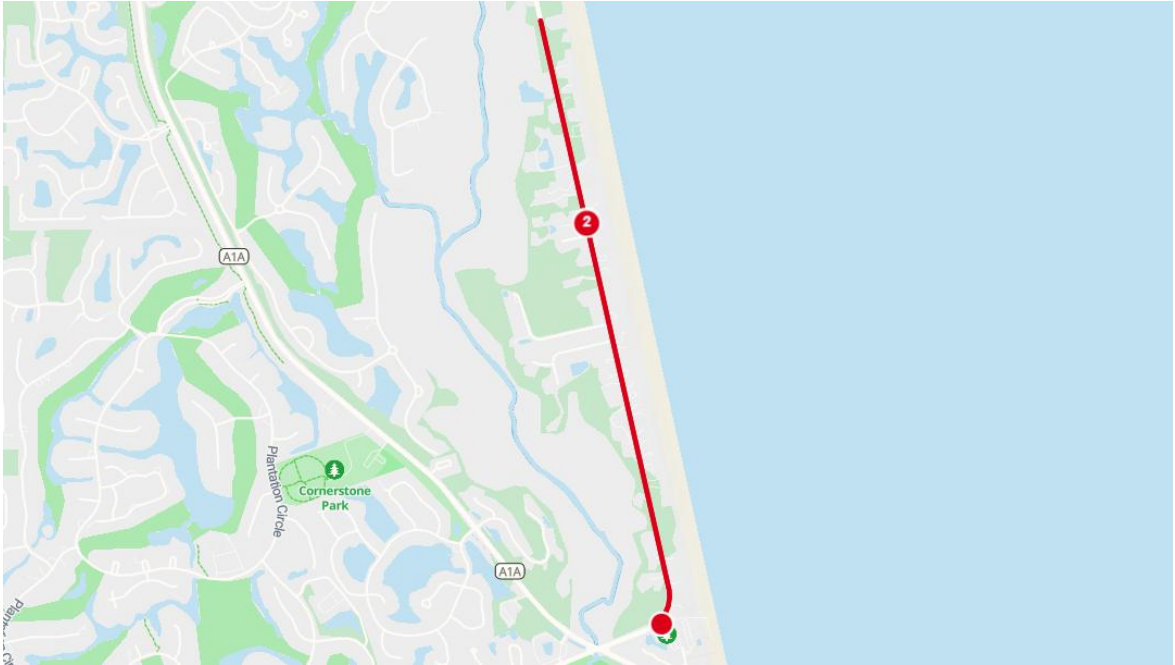
<https://www.mapmyride.com/routes/view/6688502404>

## TURN-BY-TURN DIRECTIONS:

- **LEFT** out of Mickler's Landing parking lot onto Ponte Vedra Blvd
- **LEFT** on Highway A1A
- **STAY STRAIGHT** approximately 17 miles
- **GO STRAIGHT** through stoplight at intersection of A1A and Coastal Highway (NOTE: it is the ONLY stoplight on this ride)
- **LEFT** on Vilano Rd.
- Vilano Beach Oceanfront Park is at dead-end of Vilano Rd. on the southeast corner. This facility has restrooms
- **HEAD West** on Vilano Rd. back towards A1A
- **RIGHT** onto A1A to head north
- **STAY STRAIGHT** approximately 17 miles
- **RIGHT** onto Ponte Vedra Blvd
- **RIGHT** into Mickler's Landing

# FRIDAY OTB RUN

**EASY OFF-THE-BIKE RUN** – This quick off-the-bike run will help show your legs who is the boss and teach them that even after cycling for almost 40 miles, they still have a job to do. This short run (up to 3 miles) will help train your legs to stop acting surprised when the bike portion ends.



<https://www.mapmyride.com/routes/view/6688503781>

## TURN-BY-TURN DIRECTIONS:

- **RIGHT** out of Mickler's Landing parking lot onto Ponte Vedra Blvd
- **CROSS OVER** Ponte Vedra Blvd at crosswalk to run on sidewalk
- **STAY STRAIGHT** for up to 1.5 miles (your choice as to distance)
- **MAKE A U-TURN** and head back the way you came back towards Mickler's Landing

# FRIDAY SWIM

**OPEN-WATER SWIM OPPORTUNITY** – We will wrap up day one of Training Camp with a refreshing dip in the Atlantic at Mickler’s Landing Beach. We’ll set up a simple buoy loop approximately 100 meters apart so you can swim one lap, a few laps, or keep circling until you feel like a dolphin. The goal is a relaxed open-water practice: sighting, being comfortable in somewhat murky water, and shaking out the arms. Swim at your own pace and get as much – or as little – distance as you like.



## A FEW NOTES ABOUT THIS SWIM:

- **WATER TEMPERATURE** As of early March, the water temperature at Mickler’s Landing was roughly 58 °F (14.5 °C). It’s possible that the water will warm up prior to camp, but you should likely plan on wearing a wetsuit!
- **YOU MUST** wear a brightly colored swim cap (we’ll provide neon green caps in your swag bag)
- **WE RECOMMEND** that you also use a personal floatation device (like a swim buoy)
- **LIFEGUARDS ON DUTY** we have contracted with St. Johns County Fire Rescue to have two lifeguards on duty during the swim. We’ll likely have additional personnel on stand-up paddleboards or kayaks as well
- **This activity is dependent upon ocean conditions**



# SATURDAY BIKE

## TURN-BY-TURN DIRECTIONS:

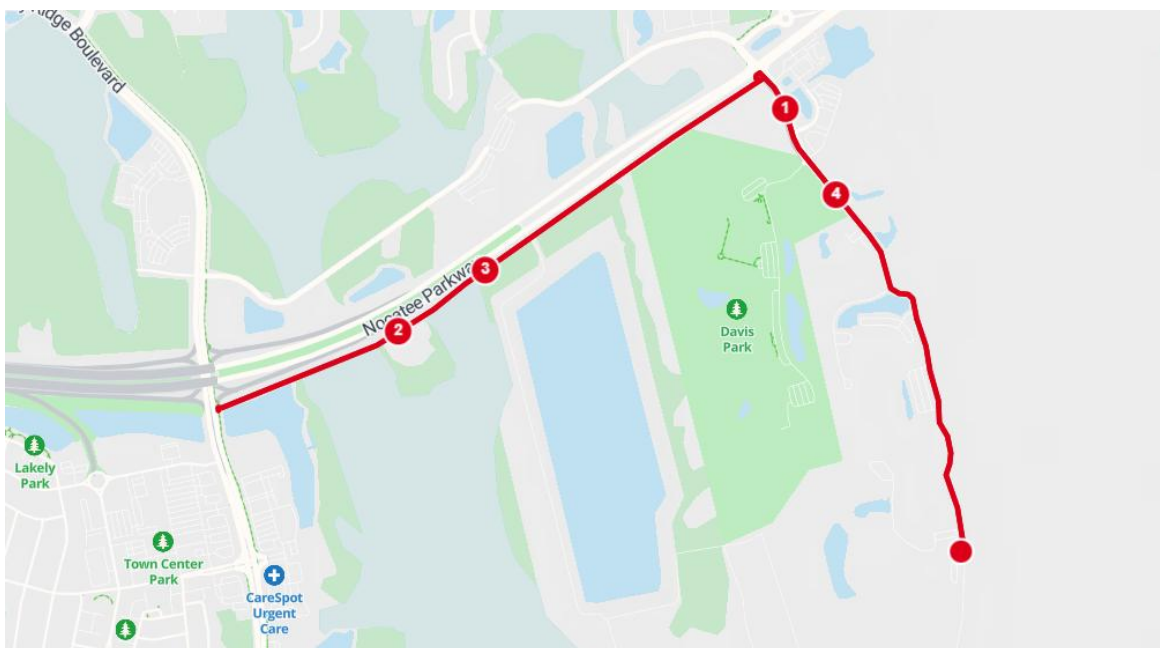
### LAP ONE:

- **LEAVE BASE CAMP** by heading out Davis Park Rd
- **RIGHT TURN** onto Nocatee Pkwy / Palm Valley Rd.
- **RIGHT TURN** onto S. Roscoe Rd
- **RIGHT TURN** to stay on S. Roscoe Rd
- **BEAR RIGHT** onto Solana Rd
- **RIGHT TURN** onto Jimmy Buffet Memorial Highway (A1A)
- **RIGHT TURN** onto Mickler Rd
- **Take EXIT** for Crosswater Parkway
- **RIGHT TURN** onto Crosswater Parkway
- Crosswater Parkway becomes Valley Ridge Blvd
- **LEFT TURN** to stay on Valley Ridge Blvd
- **LEFT TURN** onto Palm Valley Rd
- **RIGHT TURN** onto Preservation Trail
- **RIGHT TURN** onto Crosswater Parkway
- **TAKE 2<sup>nd</sup> EXIT** at first roundabout to stay on Crosswater Parkway
- **TAKE 2<sup>nd</sup> EXIT** at second roundabout to stay on Crosswater Parkway
- **U-TURN** at Pine Island Rd (NOTE: Rest Stop will be located at U-Turn point)
- **TAKE 2<sup>nd</sup> EXIT** at first roundabout to stay on Crosswater Parkway
- **TAKE 2<sup>nd</sup> EXIT** at second roundabout to stay on Crosswater Parkway
- **TAKE 2<sup>nd</sup> EXIT** at third roundabout to stay on Crosswater Parkway
- **RIGHT TURN** to enter exit towards Nocatee Parkway
- **(OPTIONAL) RIGHT TURN** at Davis Park Rd to return to Base Camp Aid Station **OR STAY STRAIGHT** on Nocatee Parkway / Palm Valley Rd to start **LAP 2**

# SATURDAY RUN

**MODERATE OFF-THE-BIKE RUN** – After wrapping up the long bike, rack your bike at Base Camp, grab your running shoes and head out for a moderate-distance (roughly 4.75 miles) off-the-bike brick run.

Roughly half of this run will be on a mixed-use path that runs adjacent to Nocatee Parkway. There's limited shade along this run route. Be prepared with a hat or visor. We'll have a water station at the turn-around point



<https://www.mapmyride.com/routes/view/6688504772>

## **TURN-BY-TURN DIRECTIONS:**

- **NORTH ON** Davis Park Rd towards Nocatee Parkway
- **LEFT TURN** onto mixed-use pathway
- **MAKE A U-TURN** at the intersection with Crosstown Parkway. We will have a self-serve water table at this location
- **RIGHT TURN** onto Davis Park Rd

# SATURDAY SWIM

**POOL SWIM OPPORTUNITY** – Let’s hop into the pool for an exciting and energetic workout in the **50-meter long-course** pool at Ponte Vedra’s **Planet Swim**, which is just down the road from our Base Camp location on Saturday.

We’ll supply the workout. You bring your pool toys and get ready for a great cool-down after the morning’s long ride and run!



# SATURDAY YOGA

**RESTORATIVE YOGA SESSION** – By this point in training camp, you’ve put in six sessions of increasing intensity and duration. Chances are your body is tired and could use some rejuvenation. Meet back at Base Camp for an hour of gentle restorative and stretching yoga.

Bring a yoga mat or a big towel.



# SUNDAY RUN

**LONG RUN ON THE IRONMAN JAX COURSE** – Sunday’s camp activities will transition to downtown Jacksonville and will feature the Ironman Jacksonville run course.

You’ll be able to run one or two loops of the Ironman course – roughly 8.5 miles each loop.

This course starts at Memorial Park, where transition will be held for the Ironman race, and then takes you along the beautiful St. Johns river on the Northbank Riverwalk before leading you into downtown. You’ll pass Riverfront Plaza at the foot of the Main Street Bridge – this is where the finish line experience for Ironman Jacksonville will be. The run then heads into the historic Riverside neighborhood through majestic live oak trees and quaint architecture.

The route will be marked with directional signage and chalk arrows.

This run will include stocked aid stations at the start/finish in Memorial Park and in Riverside Park (roughly mile 4 and 12).



<https://www.mapmyride.com/routes/view/6688501119>

# SUNDAY RUN

## TURN-BY-TURN DIRECTIONS:

### LAP ONE:

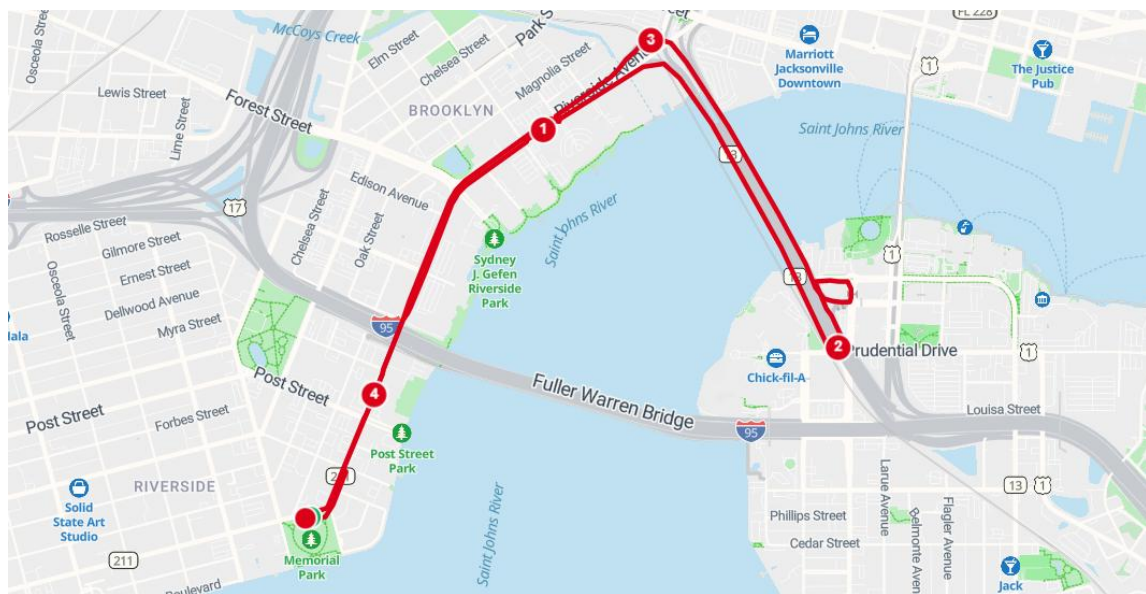
- **LEAVE MEMORIAL PARK** by heading northeast on Riverside Ave
- **RIGHT TURN** at Riverside Arts Market
- **LEFT TURN** onto Northbank Riverwalk
- **LEFT TURN** onto Jackson Street (adjacent to Winston Family YMCA)
- **CROSS** Riverside Ave
- **RIGHT TURN** on Riverside Ave (sidewalk)
- **CROSS** the beginning ramp of Acosta Bridge
- **RIGHT TURN** onto Water St.
- **LEFT TURN** onto Hogan St.
- **LEFT TURN** onto West Adams St.
- **LEFT TURN** onto Park St. (make sure you run on **RIGHT** sidewalk on Park St.)
- **CROSS** Forest St. (Stay on **RIGHT** sidewalk)
- **RIGHT TURN** onto Rosselle St.
- **LEFT TURN** onto College St
- **LEFT TURN** into Riverside Park. Follow markings through park towards Park St, then towards corner of College St. and Margaret St.
- **RIGHT TURN** onto Margaret St
- **LEFT TURN** onto Myra St.
- **LEFT TURN** onto Goodwin St
- **RIGHT TURN** onto Oak St.
- **RIGHT TURN** onto Cherry St.
- **LEFT TURN** into Willow Branch Park. Follow markings through park to Willow Branch Ave.
- **RIGHT TURN** onto Willow Branch Ave.
- **LEFT TURN** onto Sydney St.
- **LEFT TURN** onto Donald St.
- **LEFT TURN** onto Riverside Ave
- **LEFT TURN** onto McDuff Ave.
- **RIGHT TURN** onto Oak St.
- **RIGHT TURN** onto Willow Branch Ave.
- **LEFT TURN** onto Riverside Ave.
- **LEFT TURN** onto Mallory St.
- **RIGHT TURN** onto Oak St.
- **RIGHT TURN** onto Goodwin St.
- **LEFT TURN** onto Riverside Ave
- **(OPTIONAL) RIGHT TURN** at Memorial Park for Rest Stop **OR STAY STRAIGHT** on Riverside Ave to start **LAP 2**

# SUNDAY BIKE

**WRAP UP CAMP WITH HILL REPEATS** – Race planners for Ironman Jacksonville have included a little “gift” for athletes at roughly mile 109 on the bike – a crossing of the St. Johns river on the Acosta Bridge. And while most Florida hills (a/k/a bridges) aren’t too severe, having to climb this bridge at the end of your bike ride could be a challenge.

As the last activity of camp, we’ll spend an hour doing bridge repeats on tired legs to approximate how you’ll feel when you hit this bridge on race day! How many laps can you get under your belt during the last hour of camp?

NOTE: The roadways for this ride will not be closed to traffic and are considered “take the lane” roads. There should not be significant traffic in this area, but as always when riding outside, you should be vigilant and ride safely.



<https://www.mapmyride.com/routes/view/6688507048>

## TURN-BY-TURN DIRECTIONS:

- **RIGHT TURN** out of Memorial Park onto Riverside Ave
- **RIGHT TURN** onto Acosta Bridge
- **BEAR RIGHT** to take exit towards Prudential Drive
- Just before Prudential Drive, **LEFT TURN** to return under Acosta Bridge
- **RIGHT TURN** onto Museum Circle
- **RIGHT TURN** onto San Marco Blvd
- **RIGHT TURN** onto Mary St
- **RIGHT TURN** to merge back onto Acosta Bridge
- **BEAR LEFT** toward Riverside Ave
- **U-TURN** at Stonewall St to repeat Acosta Bridge
- **OR CONTINUE STRAIGHT** on Riverside to return to Memorial Park

# AID STATIONS, HYDRATION, NUTRITION

We will provide a variety of aid stations throughout camp to help maintain your hydration and fuel levels, including the following:

- Friday, Saturday & Sunday at Base Camp – We will always have water, ice, Gatorade (or similar), salty snacks, fruit, various gels &/or bars available
- Saturday long ride – will feature aid stations at roughly mile 31, mile 38 (start of 2<sup>nd</sup> lap within the Base Camp area), and mile 70. Will provide water, ice, Gatorade (or similar), snacks, fruit various gels &/or bars
- Saturday OTB run – will post a self-serve water station at halfway point on run
- Sunday long run – will feature aid stations in Memorial Park (which is start/finish & halfway point on run) and Riverside Park (roughly mile 4 and 12). Will provide water, ice, Gatorade (or similar), snacks, various gels &/or bars.

If you have specific fueling needs or dietary restrictions, please plan accordingly and bring what you need with you.

**NOTE:** We are not planning to provide an aid station on the Friday icebreaker ride.

## BIKE SAG & AID

On-course bike SAG will be provided by **Quicklink 904** and **Champion Cycling** during Friday and Saturday rides. Coverage will be discussed during pre-bike instructions. Much like during a triathlon, you should be prepared to handle minor repairs, including flat tires, dropped chains, etc. on your own

## BIKE PACE GROUPS & ETIQUETTE

Given the large number of athletes attending camp and varying abilities and comfort levels, we will likely recommend pace grouping for the Saturday long ride. You are encouraged – but not required – to ride with your recommended pace group. If you ride in a pace group, be sure to follow appropriate etiquette, including:

- (a) ride single-file only,
- (b) call out and point out all hazards,
- (c) **ABSOLUTELY** no riding in aero bars unless you are leading / pulling the group or the very last bike in the pace line
- (d) The Saturday ride is **NOT** a no-drop ride. If you find yourself dropped from a pace group, you can continue to ride on your own or stop and wait for the following group. **DO NOT** ride beyond your abilities

# EMERGENCY CONTACT INFORMATION

**You MUST provide us with emergency contact information prior to the start of camp.**

In the unfortunate event that an incident occurs during any portion of camp, you should assess for potential injuries and contact emergency services via 911 as needed. You must also contact camp staff via phone.

Remember that triathlon-related events, including swimming, biking and running, often pose significant risk and that no amount of instruction, supervision, or safety rules can possibly eliminate all dangers. You should have appropriate clearance from your physician prior to participating in any event, including the TriMadness Endurance camp. We do not provide medical coverage or health insurance. **You are responsible** for any medical costs or fees or expenses incurred during or resulting from your participation in the TriMadness Endurance camp.

You consent to receiving emergency medical treatment if deemed necessary and agree to assume all costs associated with such treatment.

# PHOTOS AND VIDEO DURING CAMP

Our intention is to capture as much of the weekend as possible through pictures and video and will post to social media throughout the weekend. After the conclusion of camp, we'll provide you with a link where you can review and download copies of any pictures or video. NOTE that we will likely not be able to parse out individual athlete photos; all media will be contained in one common drive (for example, Google Drive or One Drive). Details to be shared the week following training camp

# COMMUNICATION DURING CAMP

Should the need arise to provide status updates, location changes, &/or modifications or alterations to planned activities, we will communicate with you via text message to the cell phone number you provided during your registration.

If you need to contact camp organizers during the weekend, please call or text Joel Strickland at 904-347-8223. You can also email [joel@trimadness.cub](mailto:joel@trimadness.cub).

# PARKING DURING CAMP ACTIVITIES

This year's TriMadness Endurance training camp coincides with the end of Spring Break in St. Johns County. This *could have an impact* on parking availability at Mickler's Landing during Friday's planned events.

Primary parking on Friday will be in the Mickler's Landing parking lot. Should all available parking spaces in that lot be full, there is available on-street parking along Ponte Vedra Blvd just outside of the Mickler's Landing park area. **Other than the highlighted area, there is no parking allowed on Ponte Vedra Blvd.** There may be additional (paid) parking available across A1A at the North Guana Outpost on Mickler Rd.

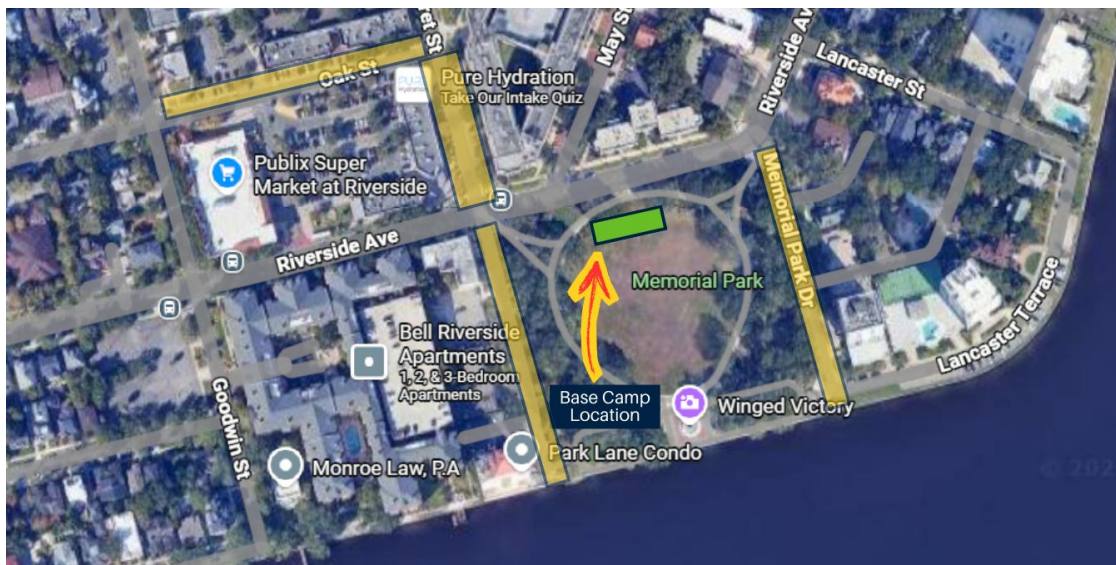


There will be plenty of parking available at **Nocatee Preserve Trailhead** for Saturday's base camp. The base camp area will be at the end of Davis Park Rd, behind Ponte Vedra High School. As you travel down Davis Park Rd, you will bear LEFT just in front of PVHS to head back to the base camp area. We will have signage directing you the correct way.



# PARKING DURING CAMP ACTIVITIES

Sunday's events will be situated in and around **Memorial Park** on Jacksonville's Northbank. You will need to leverage on-street parking in the areas adjacent to the park (see yellow highlighted areas below). To avoid potential vehicle towing (unlikely, yet possible), we recommend that you **do not** park in the Publix parking lot.



# FRIDAY & SATURDAY NIGHT'S ACTIVITIES

Friday evening, we will meet for an optional drop-in happy hour at Strings Sports Brewing at 5:30pm. Feel free to stop by catch up with other camp athletes.

Saturday evening features our official camp happy hour and group dinner beginning at 6:30pm. Join us for great food, camaraderie, and some awesome product giveaways courtesy of our amazing camp partners, including **Ironman**, **TriSwim**, and more! The final location and details are still pending; we will provide additional information once finalized. All food and beverage costs are on your own.



# WHAT TO BRING TO CAMP

This packing list may (or may not) be fully complete – but feel free to use it as a reminder for things you should consider having available during camp weekend

## SWIM GEAR

- Wetsuit
- Personal swim buoy
- Goggles (bring backup pair, too)
- Anti-fog wipes or spray
- Ear plugs
- Body glide / anti-chafe
- Towel(s)
- Pull buoy, paddles, kickboard

## RUN GEAR

- Shoes (unless you run barefoot)
- Running socks
- Hat or visor
- Sunglasses
- Hydration bottle or vest (optional)

## YOGA / RECOVERY

- Yoga mat or large towel
- Foam roller, recovery stick, etc
- Motrin, Advil, Tylenol, etc
- Sunscreen

## CYCLING GEAR

- Your bike (strongly recommended)
- Helmet
- Cycling shoes
- Cycling computer or Garmin
- Water bottles
- Repair kit (tubes, CO2, pump, etc)
- Rear light
- Headlight
- Sunglasses
- Personal nutrition
- Cycling kit (for obvious reasons)

## OTHER STUFF

- Extra socks (always extra socks)
- Dry bag for all those smelly clothes
- Phone charger(s)
- Personal action camera (GoPro)
- Sense of humor
- Transition bag / backpack

# LOCATION ADDRESSES

Listed below are the physical addresses for all TriMadness Endurance training camp locations:

**MICKLER'S LANDING BEACH** - (Friday Base Camp) 1109 Ponte Vedra Blvd, Ponte Vedra Beach, FL 32082

**FRIDAY HAPPY HOUR LOCATION** – Strings Sports Brewery, 1618 Penman Rd., Jacksonville Beach, FL 32250

**NOCATEE PRESERVE TRAIL HEAD PARKING LOT** (Saturday Base Camp) – 210 Davis Park Rd., Ponte Vedra Beach, FL 32081

**PLANET SWIM** – 300 Davis Park Rd., Ponte Vedra Beach, FL32081

**SATURDAY HAPPY HOUR / GROUP DINNER / PARTY LOCATION** – To be announced

**MEMORIAL PARK** (Sunday Base Camp) 1620 Riverside Ave., Jacksonville, FL 32204



# PARTNERS

The TriMadness Endurance Spring 2026 Training Camp would not be possible without the support and partnership from the amazing companies listed below.

Nobody But  
**NIMNIGHT**

