

This camp is designed for High School Varsity and Junior Varsity MTB cyclists who wish to take their riding to the next level.

Our goal is to help young athletes challenge themselves to grow.

Enjoying great trails and making new friends!

Lactate testing to set heart rate training zones for each rider will be done by world renowned cycling physiologist, Dr. Inigo San Millan from CU Sports Medicine and Performance Center.

Education about training zones and how to use them in racing and training.

Develop Bike Kung Fu.

Students will stay at Hynd's Lodge at Curt Gowdy State Park. Ride sessions will be on the IMBA Epic Trails at Curt Gowdy State Park, the surrounding roads, and Happy Jack. Food will be provided for the entire camp.



SPONSORS



Varsity and Junior Varsity Athletes
CURT GOWDY STATE PARK
JUNE 11-15, 2018

DATES:

June 11-15, 2018

COST:

Registration fee is \$575. Lactate testing, Food/lodging, Race entry, and a professional coaching staff included.

AGE GROUP:

High School Junior Varsity and Varsity riders, there will be 18 spots available. (A limited number of scholarships are available).

FOOD:

Food will be provided. Please let us know ahead of time if you have any dietary restrictions.

WHAT TO BRING:

Basics - Bike, helmet, appropriate mountain biking attire, casual clothing, towel, swimsuit, and a great attitude. A more detailed list will be sent out after registration.

RULES:

Respect, respect yourself, your environment, and the people around you. Beyond that we will post and go over camp expectations. If there is a problem, a parent will be expected to come to pick up the camper and there will be no refund.

REGISTRATION:

The registration link is posted at www.gowdymtb-camps.org. The link will be active until the camp has filled. You will be required to complete the online registration and make the payment to complete the registration. Contact Rich Vincent to make alternate arrangements: 307-760-1917 or enduro.rv@gmail.com.

CONTACT:

For other questions contact Andy Clark at andy@ciclismoyouthfoundation.org

SCHEDULE (TENTATIVE):

Monday, June 11

12-1pm Check in orientation
12-4pm Testing, Testing will be done in three waves
Bike check/ fit
Debrief testing
4-5pm Bike Kung Fu
5-6pm Dinner prep
6-10pm Dinner and evening activities

Tuesday, June 12

8:00am Yoga
8:30-9am Breakfast/education
10-1pm Endurance Tempo ride
1pm Lunch at trail
2-4:30pm Climbing and Endurance tempo
5-6pm Dinner prep
6-7pm Dinner
7-10pm Test review with riders and evening activities

Wednesday, June 13

8:00am Yoga
8:30-9:00am Breakfast
9:30-10:30am Skill teaching
10:30am snack
11-1pm Skills ride
1pm Lunch
2pm Skill teaching
3-5pm Fun skills riding
5-6pm Dinner prep
6-7pm Dinner
7-10pm Dinner and evening activities

Thursday, June 14

8:00am Yoga
8:30-9am Breakfast/education
9-12 Race skills and strategies ride;
Pacing, passing, feeding, and creating speed
12-1pm Lunch
1-3pm Fun afternoon adventure
3pm Snack
4-6pm Evening ride
6-7pm Dinner prep
7-10pm Dinner and evening activities

Friday, June 15

8:00am Yoga
8:30-9am Breakfast
9-10am Camp review
10-1pm Fun ride
1pm Lunch BBQ and wrap-up
1-3pm Clean lodge and check out
3-4pm Student pick up (If you would like to pick up your student before 3 PM you must work this out with Andy ahead of time.)

THE INSTRUCTORS:

Andy Clark: Professional cycling coach has coached 9 national champions and over 70 national medal winners.

Tina Hott: Durango DEVO Head Coach for NICA, coaches a Girls Gravity Group and is PMBI certified.

Chris Elmer: "likes to ride fast with friends" Is a CYF board member, has been coaching for most of a decade and spends his off time at the Greeley Fire Department as a paramedic/-firefighter.

Tiffany Ankrum: A CYF board member, Emergency Room nurse, has been empowering female cyclists for the last 5 years.

Steve Stefko: Local strong man, multiple CX national medals, he likes nothing more than to peg the fun meter on singletrack!

Skyler Trujillo: NICA first champion for Colorado, 6 world championships participations, Junior National MTB champion, Coaches for Durango DEVO.

TESTING:

Testing will be done by CU Sports Medicine and Performance Center, the world-class physiology testing lab in Boulder.