



## DATES:

June 15-18, 2019

## COST:

Registration fee is \$300. Scholarships are available for those students in financial need. Please contact us to discuss scholarship arrangements. The camp is being run through volunteers and sponsorships to keep the costs low.

## AGE GROUP:

Female students entering grades 7-12 during the 2018-19 school year.

## FOOD:

Meals and 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. For a more extensive list of what to bring refer to the list posted [www.wyoymtbcamps.org](http://www.wyoymtbcamps.org).

## RULES:

The Colorado High School Cycling League and NICA General Student-Athlete Rules are used as a basis for the camp rules. Rules will be posted and enforced.

## REGISTRATION:

The registration link will be posted at [www.wyoymtbcamps.org](http://www.wyoymtbcamps.org). The link will be activated on February 15th. You will be required to complete the on-line registration form and make the payment to complete the registration. Contact Rich Vincent to make alternate arrangements: 307-760-1917 or [enduro.rv@gmail.com](mailto:enduro.rv@gmail.com).

## CONTACT:

For additional information, e-mail us at [enduro.rv@gmail.com](mailto:enduro.rv@gmail.com)

## ABOUT THE INSTRUCTORS:

Kate Rau helped found and is the Executive Director of the Colorado High School Mountain Bike League. She was the Program Manager of Singletrack Mountain Bike Adventures (SMBA) where she directed a 7-month season for riders ranging in ages from 7 to 17. She served as community outreach coordinator, sponsorship liaison, and planned adventures from trail work to epic rides across mountain passes. She is passionate about the benefits of positive youth development from the saddle of a mountain bike. Kate has a Master's Degree in Education and volunteers as a Court Appointed Special Advocate (CASA). She was a supervisor, training coordinator, and ski and snowboard instructor at Eldora Mountain Resort for 15 years. Kate's background includes working in the mentalhealth field and environmental consulting.

Cynthia Dywan has been a professional bicycle mechanic for 14 years and earned her USA Cycling Race Mechanic certification in 2011. She has a Master's degree in Public Administration from the University of Wyoming. Cindy is also the head coach of the Laramie high school mountain bike team (7220 Racing), a USA Cycling Level 2 Coach (with distinction), president of Laramie BikeNet, a member of the UW Bicycle and Pedestrian Safety Committee, a member of the Laramie Enduro Community Outreach Committee, raced in and completed the 2014 Tour Divide.

## SCHEDULE (TENTATIVE):

### Saturday, June 15

12 – 1 PM - Sign in and orientation  
1 – 2 PM - Bike/equipment inspection  
2 – 4 PM - Check ride and organize students into groups based on skill level  
4 – 5 PM - Debrief and free time  
5 – 10 PM - Dinner and evening activities

## SCHEDULE (TENTATIVE):

### Sunday, June 16

7 – 7:30 AM - Yoga  
7:30 – 8:30 AM - Breakfast  
8:30 – 10 AM - Education or skill session  
10 AM – 12 PM - Ride session  
12 PM – 1 PM - Lunch  
1 – 2 PM - Education session  
2 – 4 PM - Ride session  
4 – 6 PM - Education session and dinner prep  
6 – 10 PM - Dinner and evening activities

### Monday, June 17

7 – 7:30 AM - Yoga  
7:30 – 8:30 AM - Breakfast  
8:30 – 10 AM - Education or skill session  
10 AM – 12 PM - Ride session  
12 PM – 1 PM - Lunch  
1 – 2 PM - Education session  
2 – 4 PM - Ride session  
4 – 6 PM - Education session and dinner prep  
6 – 10 PM - Dinner and evening activities

### Tuesday, June 18

7 – 7:30 AM - Yoga  
7:30 – 8:30 AM - Breakfast  
8:30 – 10 AM - Education session  
10 AM – 12 PM - Ride session  
12 PM – 1 PM - Lunch  
1 – 3 PM - Ride session  
3 – 4 PM - Clean lodge  
4 – 5 PM - Student pick-up (If you would like to pick up your student before 4 PM you must work this out with Kate and/or Cynthia ahead of time.)  
Education sessions may include riding basics, bike maintenance, nutrition, trail design, etc.

## WANT MORE?

Preceding this camp will be the Stone Temple Mountain Bike Camp 1 or following this camp will be Stone Temple Mountain Bike Camp 2, co-ed camps, from June 11-14 or June 19-23 at the same location. We will make accommodations for girls on the evenings of Friday June 14 and Wednesday, June 20, that want to attend a coed camp and the girls camp.