

While all students are welcome, the Stone Temple #2 Camp is geared toward intermediate to advanced level mountain bike riders. This camp will be focused on improving skills and endurance, while mastering intermediate to advanced level mountain bike terrain. The camp will also include education sessions on topics important to mountain bikers, including, bike maintenance, environmental and trail ethics, trail design-construction-maintenance, nutrition, and yoga.

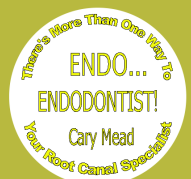
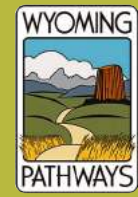
Students will stay at Hynd's Lodge or camp. Ride sessions will be on the IMBA Epic Trails at Curt Gowdy State Park. Food will be provided for the entire camp. Training sessions are designed so there will be a minimum of one adult leader per five students. Parents are welcome to camp at the state park and join education sessions. Optional evening activities may include: campfires, star gazing, evening hikes, and mountain bike movies.



Geared toward helping students of all ability levels gain confidence and skill on a mountain bike, the Stone Temple MTB Camps increase your enjoyment of mountain biking while making new friends and fostering an appreciation of cycling as a lifelong activity.



# SPONSORS



CAMP #2 - CURT GOWDY STATE PARK  
 JUNE 19-23, 2019  
[WWW.WYOMTBCAMPS.ORG](http://WWW.WYOMTBCAMPS.ORG)

## DATES:

June 19-23, 2019

## COST:

Registration fee is \$350. 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:

Students entering grades 7-12 during the 2019-20 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 on our website at [www.wyomtbcamps.org](http://www.wyomtbcamps.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 pre-registration link will be posted at [www.wyomtbcamps.org](http://www.wyomtbcamps.org). The link will be activated on February 15th. You will be required to complete the online pre-registration application. If selected, you will be given instructions to 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 contact Rich Vincent, 307-760-1917, Todd Thibodeau, 307-214-5687, or e-mail us at [enduro.rv@gmail.com](mailto:enduro.rv@gmail.com)

## SCHEDULE (TENTATIVE):

### Wednesday, June 19

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.

### Thursday, June 20

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.

### Friday, June 21

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 – 4 PM - Ride session  
4 – 6 PM - Education session and dinner prep  
6 – 10 PM - Dinner and evening activities.

### Saturday, June 22

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 - Skill session  
2 – 4 PM - Ride session  
4 – 6 PM - Education session and dinner prep  
6 – 10 PM - Dinner and evening activities.

## SCHEDULE (TENTATIVE):

### Sunday, June 23

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 Todd and/or Rich ahead of time.)

Education sessions may include riding basics, bike maintenance, nutrition, trail design, etc.

## ABOUT THE INSTRUCTORS:

Mr. Vincent is the founder and former president of the Laramie Enduro non-profit organization. He is a NICA certified Head Coach (7220 Racing, Laramie, WY), Colorado HS Cycling League Rules Committee and Race Operations member, and trained as a Double Goal Coach by the Positive Coaching Alliance. He is a founding board member of Cycle Wyoming, former Chair of the WY Governor's Council on Physical Fitness & Sports, and former head coach of the UW Women's Soccer Club and several youth soccer teams.

Mr. Thibodeau is the recently retired Planning and Grants Manager for Wyoming State Parks, Historic Sites & Trails. He helped design and develop the IMBA Epic Trail System at Curt Gowdy State Park. He is a NICA certified Head Coach (Cheyenne High School Mountain Bike Team). He is active in the Overland Mountain Bike Club, Diamond Peaks Mountain Bike Patrol and Cheyenne Mountain Bike Club and is a former IMBA/FOX hero.