

High School MTB Racing Camp brought to you by Ciclismo Coaching  
**Take your racing to the next level**

**Develop:** fitness, racing skills and experience  
You get to race the Gowdy Grinder!

**Be educated:** racing, training, recovery, and nutrition.  
Education on how to train smart using custom HR training zones  
Racing: Pre race planning, race support, race review  
Recovery and Nutrition: How to successfully prepare your body to race.

**Lactate Testing:** Personalized heart rate training zones will be done for each rider using world renowned cycling physiology, Dr. Inigo San Millan methodology by the staff from CU Sports Medicine and Performance Center. Athletes will be educated about the physiology of training zones and how to implement them in their own training.

**Bike Kung Fu Skills:** Gowdy is a great place to develop your skilzz and have fun!!!

Increase students' self-confidence using the mountain bike as a tool for challenging, fun self-discovery.

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 6-10, 2019**

## DATES:

June 6-10, 2019

## COST:

Cost: \$600 Lactate testing, Food/lodging, Race entry, and a professional coaching staff included.

## AGE GROUP:

High School race focused riders, there will be 18 spots available. (A limited number of scholarships are available)

## FOOD:

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

## WHAT TO BRING:

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 expectation. 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 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 on-line registration 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 other questions, contact Andy Clark at [andy@ciclismoracing.com](mailto:andy@ciclismoracing.com).

## SCHEDULE (TENTATIVE):

### Thursday, June 6

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

### Friday, June 7

8:00am Yoga  
8:30-9:00am Breakfast  
9:30-10:30am Skill teaching  
10:30am snack  
11-1pm Pre ride race cores  
1pm Lunch  
2pm Race Skill teaching, feeding, passing  
3-4pm Skills ride (pick up race packets)  
5-6pm Dinner prep  
6-7pm Dinner  
7pm Go over race plan and mental preparation to race  
9-10pm Ready for bed

### Saturday, June 8

7:00am Breakfast  
7:40am yoga  
8:30 first group leaves for race  
Race day Schedule to be determined by rider's categories  
First races start at 9:25am  
5-6pm Dinner prep  
6-10pm Dinner and campfire

### Sunday, June 9

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

## SCHEDULE (TENTATIVE):

### Monday, June 10

8:00am Yoga  
8:30-9:30am Breakfast, Test and racing review with riders  
9-10am Camp review  
10-1pm Fun ride  
1pm Lunch BBQ and rap 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.)

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

## THE INSTRUCTORS:

Andy Clark's athleats have won 8 national championships and over 80 national medals! The Colorado High School league awarded Andy Coach of the year in 2016. With over 25 years of experience racing and coaching Andy looks forward to helping your young Athletes develop. As a founding Board member of Ciclismo Youth Foundation, Coach Andy's goal is to make cycling a fun life-long sport of self-challenge and discovery.

## TESTING:

Testing will be done by CU Sports Medicine and Performance Center using Dr. Inigo San Millán testing and training methodology. Inigo is an internationally renowned applied physiologist having worked for the past 20 years for many professional teams across multiple sports, 9 Pro Cycling teams, and is currently working for the UAE Pro Tour team.