

The Gowdy MTB Racing Camp has been renamed and redesigned for 2020. There are now two tracks to this camp. Students can sign up for a skills focused track that is similar to the Stone Temple #2 Camp, or they can sign up for a race focused track. For details on the skills focused track and camp director information, please reference the Stone Temple #2 Camp information on the website. The race focused track will emphasize taking your racing to the next level! This will include the following:

Develop fitness, racing skills, knowledge of your body and how to train it for success.

Education on racing, training, recovery, and nutrition, including:

1. Field testing to set Heart Rate Zones.
2. How to train smart using HR training zones.
3. Pre-race planning, race support, and race review.
4. Recovery and Nutrition, how to successfully prepare your body to race.
5. The physiology of training zones and how to implement them in your own training.
6. Mental preparation for competition.

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

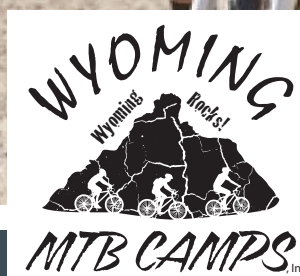
Increase student's self-confidence using the mountain bike as a tool for challenging fun self-discovery.

Students in both tracks will be attending education sessions on racing, training, recovery, nutrition, psychological preparation and how all these fit together for success.

Ride sessions will be on the IMBA Epic Trails at Curt Gowdy State Park, the surrounding roads, and Happy Jack.



SPONSORS



**CAMP #3 - DUAL TRACKS
MTB RACING OR MTB SKILLS
CURT GOWDY STATE PARK
JUNE 20-24, 2020**

DATES:

June 20-24, 2020 (6 PM Saturday through 3 PM Wednesday)

LOCATION:

Hynds Lodge, Curt Gowdy State Park, Wyoming

COST:

\$375 + registration site fees and taxes. A limited number of scholarships may be available for those students in financial need. Please contact us at Enduro.rv@gmail.com if you need to apply for a scholarship based on financial need.

AGE GROUP:

This camp is designed for the High School MTB cyclist who wish to grow as riders and/or take their racing to the next level.

FOOD:

Will be provided from breakfast on June 21 through lunch on June 24. 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. Race Track - Heart Rate monitor that can record and has a chest strap. For a more extensive list of what to bring review the website. A more detailed list will also be sent out after registration.

RULES:

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

REGISTRATION:

The registration link will be posted at www.wyomtbcamps.org. The link will be activated at 5pm on March 20th. 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.

CONTACT:

For questions concerning the Race Track contact Andy Clark at andy@cyclclismoracing.com.

SCHEDULE (TENTATIVE):

Saturday, June 20

6 PM – 7:30 PM – Sign in and orientation

7:30 PM – 10 PM – Evening activities

10 PM – Lights Out

Sunday, June 21

7:30 – 8 AM – Yoga

8 AM – 9 AM – Breakfast/Cleanup

9 AM – 10 AM – Bike Kung Fu Skill Session

10 AM – 12 PM – Race Track-Ride Session (set heart rate zones on bike 20min test)

10 AM – 12 PM – Skill Track-Ride Session

12 PM – 1 PM – Lunch

1 PM – 4 PM – Ride Session (fun skill ride at Gowdy) - Both Tracks

4 PM – 6 PM – Downtime and Dinner Prep

6 PM – 10 PM – Dinner and Education (Training Zones and what they mean)

10 PM – Lights Out

Monday, June 22

7:30 AM – 8 AM – Yoga

8 AM – 9 AM – Breakfast/Cleanup

9 AM – 12 PM – Race Track-Endurance Ride to Happy Jack

9 AM – 12 PM – Skill Track-Ride Session

12 PM – 1 PM – Lunch (in the field)

1 PM – 4 PM – Race Track-Endurance Ride return from Happy Jack

1 PM – 4 PM – Skill Track-Ride Session

4 PM – 6 PM – Downtime and Dinner Prep

6 PM – 10 PM – Dinner and Evening Activities

10 PM – Lights Out

Tuesday, June 23

7:30 AM – 8 AM – Yoga

8 AM – 9 AM – Breakfast/Cleanup

9 AM – 12 AM – Education: Mental Preparation for Racing, Feed Zone Skills, Bike Handling

12 PM – 1 PM – Lunch

SCHEDULE (TENTATIVE):

Tuesday, June 23 (cont.)

Race Track

1 PM – 3 PM – Downtime and Race Preparation (bike washing 101)

3 PM – 3:30 PM – Pre Race Meal (early dinner)

3:30 PM – 4:30 PM – Pack up and get ready to race

4:30 PM – Leave for Race at Happy Jack

5 PM – Registration and Warm Up

6 PM – 8 PM – Race, BBQ after the race

8 PM – 8:30 PM – Return to Lodge

Skill Track

1 PM – 4 PM – Ride Session

4 PM – 6 PM – Downtime and Dinner Prep

6 PM – 10 PM – Dinner and Evening Activities

10 PM – Lights Out

Wednesday, June 24

7:30 AM – 8 AM – Yoga

8 AM – 9 AM – Breakfast/Cleanup

9 AM – 12:30 PM – Ride Session

12:30 PM – 1:30 PM – (Lunch at Lodge)

1:30 PM – 3 PM – Clean Lodge

3 PM – Student pick-up (If you would like to pick up your student before 3 PM you must work this out with the camp directors ahead of time.)

THE INSTRUCTORS:

RACE TRACK INSTRUCTORS:

Andy Clark: Has coached athletes to 10 national championships and over 90 national medals! The Colorado High School league Coach of the year in 2016, a founding member of Ciclismo Youth Foundation, and founder of Ciclismo Racing

Steve Stefko: 7 time National Medalist

Other guest coaches to be determined