

The El Alto Camp is a four day mountain bike camp, from June 23-27, 2021, at Curt Gowdy State Park for co-ed students in grades 9 through 12 for the 2021-22 school year. Students will arrive at 6 PM on Wednesday June 23 and depart at 3 PM on Sunday June 27.

There are TWO tracks to this camp. Students can sign up for a SKILLS focused track that is similar to the Stone Temple 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 Camp information on the website.

The race focused track will emphasize taking your racing to the next level! This will include developing fitness, racing skills, knowledge of your body and how to train it for success, including:

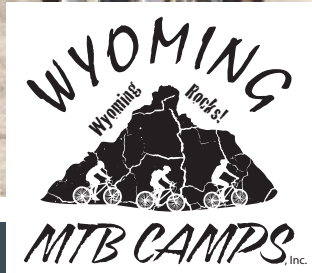
- \* Education on racing, training, recovery, and nutrition.
  1. Field testing to set Heart Rate Zones.
  2. How to train smart using HR training.
  3. Pre-race planning and race strategies.
  4. Recovery and Nutrition, how to successfully prepare your body to race.
  5. The physiology of training zones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

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

Due to the ever-changing conditions of the Covid-19 pandemic, we may need to make changes or cancel the camps. If this happens you will be notified by early May and a full refund will be provided. We appreciate your understanding, and are hopeful that the camps will proceed as planned.



# SPONSORS



EL ALTO CAMP  
 DUAL TRACK-MTB RACING OR MTB SKILLS  
 CURT GOWDY STATE PARK  
 JUNE 23-27, 2021  
[WWW.WYOMTBCAMPS.ORG](http://WWW.WYOMTBCAMPS.ORG)

## DATES:

June 23-27, 2021 (6 PM Wednesday through 3 PM Sunday)

## LOCATION:

Hynds Lodge, Curt Gowdy State Park, Wyoming

## COST:

\$395 + registration site fees. Scholarships are available for those students in financial need.

## AGE GROUP:

This camp is designed for intermediate to advanced High School MTB cyclists who wish to grow as riders and/or take their racing to the next level. Generally for students entering grades 9-12 for the 2021-22 school year.

## FOOD:

Meals and food will be provided from breakfast on Thursday June 24 through lunch on Sunday June 27. 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 students should bring a Heart Rate monitor that can record and has a chest strap. For a more extensive list of what to bring, download the list from our Downloads page at [www.wyomtbcamps.org/downloads/](http://www.wyomtbcamps.org/downloads/).

## RULES:

The Colorado High School Cycling League general student-athlete, equipment, and codes of conduct are used as a basis for the camp rules. Rules will be posted and enforced.

## REGISTRATION:

Opens at 5 PM on Friday February 5, 2021 and closes at 11:59 PM on Friday February 26, 2021. Initial participant selection will take place on February 27, 2021, so please have your student registered on the wait list by Friday, February 26, 2021 at 11:59 PM to make sure they are on the list for the initial camp selections. Students selected from the wait list will receive an e-mail on or about March 1, 2021 with the specific registration link and instructions.

## REGISTRATION (CONT):

If you need financial support (scholarship) for your student, please make sure to include that information when completing the wait list registration form.

Registration Limitations: Students attending the El Alto camp cannot attend the Rock N' Roller camp. Students may attend both the Stone Temple and El Alto camps. Female students may attend both the El Alto and Granite Ridge camps. If female students wish to attend the Stone Temple, Granite Ridge and El Alto camps (i.e., all three) they should contact Rich at [enduro.rv@gmail.com](mailto:enduro.rv@gmail.com) to make arrangements. When registering for the waitlist select all options for which you wish to be considered.

## 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 23

6 – 7 PM – Sign in and Orientation  
7 – 8:30 PM – Bike/Equipment Inspection  
8:30 – 10 PM – Evening Activities  
10 PM – Lights Out

Thursday, June 24

7 – 7:30 AM – Yoga  
7:30 – 9 AM – Breakfast, Cleanup & Prepare for Ride  
9 – 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 – 1 PM – Lunch  
1 – 4 PM – Ride Session (fun skill ride at Gowdy) – Both Tracks  
4 – 6 PM – Free Time and Prepare for Dinner  
6 – 10 PM – Dinner, Cleanup, Educational Session & Evening Activities  
10 PM – Lights Out

Friday, June 25

7 – 7:30 AM – Yoga  
7:30 – 9 AM – Breakfast, Cleanup & Prepare for Ride  
9 AM – 12 PM – Race Track-Endurance Ride to Happy Jack  
9 AM – 12 PM – Skill Track-Ride Session  
12 – 1 PM – Lunch (in the field)

## SCHEDULE (TENTATIVE):

Friday, June 25 (cont.)

1 – 4 PM – Race Track-Endurance Ride return from Happy Jack  
1 – 4 PM – Skill Track-Ride Session  
4 – 6 PM – Free Time and Prepare for Dinner  
6 – 10 PM – Dinner, Cleanup, Educational Session & Evening Activities  
10 PM – Lights Out

Saturday, June 26

7 – 7:30 AM – Yoga  
7:30 – 9 AM – Breakfast, Cleanup & Prepare for Ride  
9 – 11 AM – Education Session  
11 AM – 12 PM – Ride Session  
12 – 1 PM – Lunch (in the field)  
1 – 4 PM – Ride Session  
4 – 6 PM – Free Time and Prepare for Dinner  
6 – 10 PM – Dinner, Cleanup & Evening Activities  
10 PM – Lights Out

Sunday, June 27

7 – 7:30 AM – Yoga  
7:30 – 9 AM – Breakfast, Cleanup & Prepare for Ride  
9 AM – 1 PM – Ride Session  
1 – 1:30 PM – Lunch (at lodge)  
1:30 – 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 RACE TRACK INSTRUCTORS:

TBD.