

The El Alto Camp is a five-day mountain bike camp, from June 25-29, 2022, at Curt Gowdy State Park for co-ed students entering grades 9 through 12 for the 2022-23 school year. Students will arrive at noon on Saturday June 25 and depart at 3 PM on Wednesday June 29.

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 25-29, 2022
 WWW.WYOMTBCAMPS.ORG

DATES:

June 25-29, 2022 (noon Saturday through 3 PM Wednesday)

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 2022-23 school year.

FOOD:

Meals and food will be provided from dinner on Saturday June 25 through lunch on Wednesday June 29. 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 wyomtbcamps.org/our-camps/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 Tuesday, February 15, 2022.

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

REGISTRATION (CONT):

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 rich@wyomtbcamps.org 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 rich@wyomtbcamps.org.

SCHEDULE (TENTATIVE):

Saturday, June 25

12 – 1 PM – Sign in and Orientation
1 – 2 PM – Bike/Equipment Inspection
2 – 5 PM – Check/Organize students into groups based on skill level and Ride
5 – 6 PM – Debrief, Free Time & Prepare for Dinner
6 – 10 PM – Dinner, Cleanup & Evening Activities
10 PM – Lights Out

Sunday, June 26

7 – 8 AM – Yoga/Stretching
8 – 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

Monday, June 27

7 – 8 AM – Yoga/Stretching
8 – 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)
1 – 4 PM – Race Track-Endurance Ride return from Happy Jack

SCHEDULE (TENTATIVE):

Friday, June 25 (cont.)

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

Tuesday, June 28

7 – 8 AM – Yoga/Stretching
8 – 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

Wednesday, June 29

7 – 8 AM – Yoga/Stretching
8 – 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. All students are expected to help clean the camp/lodge area.)

THE RACE TRACK INSTRUCTORS:

Alex Urban

Alex Urban is a registered Colorado League Level 3 coach and has been coaching for the last 8 years. Alex currently coaches with the Boulder High School Mountain Bike team, but has coached the Gunnison and Send Town (Fort Collins) programs. He holds a bachelor's degree in mathematics and secondary education mathematics; he also has a master's degree in finance. As an avid life-long biker, outdoor enthusiast, and high school math teacher; he uses his time to help student-riders build both physical and mental skills to better their abilities.