

While all students are welcome, the Rock N' Roller Camp is generally geared toward students 12-15 years of age. The camp will be focused on skills instruction and mastering mountain biking skills. The camp will also include education sessions on topics important to mountain bikers, including: bike maintenance, environmental and trail ethics, nutrition, and first aid.

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

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.



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



# SPONSORS



**ROCK N' ROLLER CAMP  
CURT GOWDY STATE PARK  
JUNE 21-24, 2022  
WWW.WYOMTBCAMPS.ORG**



## DATES:

June 21-24, 2022 (noon Tuesday through 3 PM Friday)

## COST:

\$295 + registration site fees. Scholarships are available for those students in financial need.

## AGE GROUP:

Students ages 12-15 years old (generally entering grades 7-10 for the 2022-23 school year).

## FOOD:

Meals and food will be provided from dinner on Tuesday June 21 through lunch on Friday 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. For a more extensive list of what to bring, download the list from our Downloads page at [wyomtbcamps.org/our-camps/downloads/](http://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 Rock N' Roller camp cannot attend the El Alto camp. Female students may attend both the Rock N' Roller and Granite Ridge camps. Generally, students will be allowed to attend either the Stone Temple or Rock N' Roller co-ed camps, but not both, however 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](mailto:rich@wyomtbcamps.org).

## SCHEDULE (TENTATIVE):

### Tuesday, June 21

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

### Wednesday, June 22

7 – 8 AM – Yoga/Stretching  
8 – 9 AM – Breakfast, Cleanup & Prepare for Ride  
9 – 10 AM – Education or Skill Session  
10 AM – 12 PM – Ride Session  
12 – 1 PM – Lunch  
1 – 2 PM – Education or Skill Session  
2 – 4 PM – Ride Session  
4 – 6 PM – Education Session and Prepare for Dinner  
6 – 10 PM – Dinner, Cleanup & Evening Activities  
10 PM – Lights Out

### Thursday, June 23

7 – 8 AM – Yoga/Stretching  
8 – 9 AM – Breakfast, Cleanup & Prepare for Ride  
9 – 10 AM – Education or Skill Session  
10 AM – 12 PM – Ride Session  
12 – 1 PM – Lunch  
1 – 4 PM – Ride Session  
4 – 6 PM – Education Session and Prepare for Dinner  
6 – 10 PM – Dinner, Cleanup & Evening Activities  
10 PM – Lights Out

## SCHEDULE (TENTATIVE):

### Friday, June 24

7 – 8 AM – Yoga/Stretching  
8 – 9 AM – Breakfast, Cleanup & Prepare for Ride  
9 – 10 AM – Education or Skill Session  
10 AM – 12:30 PM – Ride Session  
12:30 – 1:30 PM – Lunch  
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 Todd and/or Rich ahead of time. All students are expected to help clean the camp/lodge area.)

## ABOUT THE INSTRUCTORS:

Mr. Vincent is the founder and former president of the Laramie Enduro non-profit organization. He is a certified Colorado HS Cycling League (CHSCL) and NICA Level 3 Head Coach (7220 Racing, Laramie's high school mountain bike team), certified Level 1 mountain bike instructor with the Bicycle Instructors Certification Program (BICP), member of the CHSCL Rules Committee and Race Operations Team, 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 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 certified Colorado HS Cycling League (CHSCL) and NICA Level 3 Head Coach (Cheyenne's high school mountain bike team) and member of the CHSCL Operations Team. He is a certified Level 1 mountain bike instructor with the Bicycle Instructors Certification Program (BICP). He is active in the Overland Mountain Bike Association, Diamond Peaks Mountain Bike Patrol and is a former IMBA/FOX hero.