

Future. Champions

Cycling Camp

August 15 - 20, 2011
Penticton, BC
Ages 16-23

Have you ever dreamed of becoming a professional bike racer? Come take the first step with the help of Professional Cyclists, World Class Coaches, and other experts who have the tools to help you make that transition. This is the 2nd Future Champions Camp with many riders from the 1st camp having gone on to race in Europe.

Featuring **Ron Hayman** (former European professional rider), **Richard Wooles** (National Coach), and other **special guests**.



Registration Deadline: JULY 1st

Cost: \$200 – Includes mentoring, coaching, accommodation (Bowmont Hotel), daily catered dinner, and cooking facilities

Registration Contact: brianna@cyclingbc.net

Camp focus: Aimed at male and female development-level riders from their mid teens to early twenties who are primarily road-oriented. This camp will teach the finer points of racing and race preparation. Topics covered will include advanced tactics, mental strategies, physical and mental peaking, dealing with the challenges of travel and racing away from home, equipment choices, eating while away from home and much more.

Riding will include a 4100 ft hill climb to apex mtn, a criterium in downtown Penticton, TT and sprint training, pack riding skill and more!

Penticton offers a variety of riding terrain through the quiet vinyard and mountain roads of the Okanagan Valley. Located in between 2 beautiful lakes, it is a perfect summer training destination.

