



*General Sample Itinerary for 2017 Summer Cycling Camp

The goal of Summer Cycling Camp is to sharpen your training by maximizing time in the saddle while stimulating your body – and brain – with new training experiences. Hope you are ready for some good ole’ miles on the mountain! Bring your run shoes – we will have bike racks set up if you do want to get a run in. Sunday morning we will also have the option of a trail hike/run.

Friday, August 11th

12:00p-1:30p	Arrival & Check In
1:30p-2:00p	Riding hills effectively break out session
2:00P – 5:30P	Friday afternoon Ride + Brick Run(optional)
6:30p	Dinner - on own or meet at Pool Area for group dinner

Saturday, August 12th

6:30a	Breakfast Main Resort Room
8:00a – 11:30a	Morning Ride
12:00p -1:45p	Lunch & breaktime at nature preserve on route
2:00p – 5:30p	Afternoon Ride
6:30p	Dinner - on own or meet at Pool Area for group dinner

Sunday, August 13th

7:00a	Breakfast Main Resort Room
8:00a – 10:30a	Sunday Morning Ride or trail hike/run
11:30	Checkout – group lunch in town (optional)