

HIGH COUNTRY CLIMBING AND DESCENDING TRAINING CAMP

JULY 5–7, 2019

CAMP HIGHLIGHTS

Enjoy the Blue Ridge Mountains like never before! This first annual road training camp for adults is designed to help bicyclists climb better, descend faster, and be more confident in their bicycling abilities—all within the beautiful area of Banner Elk, North Carolina. Everyone will be coached by a staff with 25 total years of experience, plus mechanic and SAG throughout. Attendees will enjoy breathtaking views, micro-brews, and local winery to boot. This is a chance-of-a-lifetime opportunity you do not want to miss. Come join us July 5–7 in Banner Elk!

COST: \$349 for camp
(housing, meals, and adult beverages not included)
*One-day \$10 license required for each day (\$30 total)
if you do not have an annual USA Cycling license.

REGISTER ONLINE: USA Cycling
<https://legacy.usacycling.org/register/2019-2089>

Online pre-registration closes on July 3 at 9 p.m. (eastern).

LOCATION: Lees-McRae College
191 Main Street, Banner Elk, NC
*Meet at cycling facility behind the North Carolina Building
(see #19 on campus map: www.lmc.edu/campusmap)

LODGING: www.lmc.edu/lodging

LOCAL BIKE SHOP: Headquarters Bike & Outdoor
www.hqbikeandoutdoor.com

Learn good climbing techniques and effective
descending skills, improve ability and confidence,
and gain knowledge and experience.

**LONG TOUGH CLIMBS
AND FAST FUN DESCENTS!**

USA Cycling Permit Number 2019-2089

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CAMP ITINERARY

Day	Time	Skill	Ride	Post-Ride Activity
Friday, July 5	9 a.m.	Descending	42 miles and 3365'	Local winery
Saturday, July 6	9 a.m.	Climbing	78 miles and 6578'	Local brewery
Sunday, July 7	9 a.m.	Climb/Descend	47 miles and 5894'	Local eatery

WHO IS THIS RIDE FOR?

This camp is open to adult riders of all level ability levels, including racers, Fondo specialists, enthusiasts, and anyone who loves to ride in the mountains. Whether you are a Category 1 or 2 level rider or lower, or a newer rider to the sport, or anywhere in between, you are welcome to attend camp. Everyone will get the opportunity to push themselves, and afterward be satisfied at the accomplishment.

WHAT YOU NEED FOR CAMP

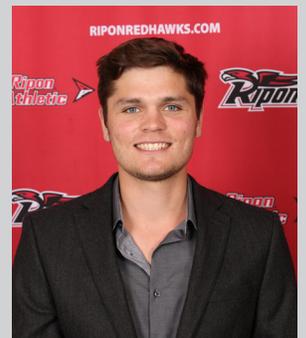
A good attitude followed with a lot of good energy! Come prepared with three days of cycling kits, gloves, rain cape, two water bottles, helmet, cycling shoes, and any special nutrition you prefer. Make sure your bicycle is in good working order (chain, cables, shifting), and especially your brake pads. We do not recommend carbon wheels unless you are using disk brakes. Compact gearing and an 11/28 cassette is recommended, and helmets are required during the rides. We will provide extra tubes if needed, Skratch Labs hydration mix, and various types of bars for on the bike food. Average temperatures in Banner Elk and route areas in July are usually 70 to low 80 degrees, with overnight lows in the 60s. Plan casual clothing accordingly.

QUESTIONS?

Contact Tim Hall at hallt@lmc.edu.



Coach Tim Hall is a 14 year veteran of collegiate coaching and Head Coach at Lees-McRae College. He is a category 1 road racer and Level 1 certified coach at USA Cycling.



Coach Alec Hoover just completed his 2nd season as Head Coach at Ripon College. He graduated from Lees-McRae in 2017 after two collegiate road seasons. He is a category 1 road racer and Level 3 certified coach at USA Cycling.



Coach Matt Zimmer is a professional cyclist with the Project Echelon Cycling Team. He graduated from Lees-McRae in 2015 after four collegiate road seasons, earning a medal at nationals in the criterium.

COACHING STAFF AND RIDE LEADERS