



www.vailmountainbikecamps.com
970.470.3431

2010 Race Divas Itinerary

*All sessions meet on Mondays from 5:00-7:00.

*If you are dropping in, please bring a check or cash for \$35.

*If meeting at Ski and Snowboard Club Vail, no parking in front of building. Please park in the Vail Parking structure and ride over to Golden Peak.

*Shane and I will be gone for the first race, Hammer in the Hay at 4-Eagle Ranch. You can't pre-ride this course ahead of time, only just before your race that day. Gretchen Reeves will be out in front of the building at 4:30 to pre-ride a lap or two with you with coaching.

*We will meet on Wednesday, June 2nd at Ski and Snowboard Club Vail at 5:00 to pre-ride the Teva Mountain Games course. If you plan to race meet us there. This is a free session, not part of the regular itinerary.

June 7th – Meet at Ski and Snowboard Club Vail; Bike Handling Skill's Workshop at the soccer field working on balance exercises , bunny hops, front wheel lifts, cornering, switchback practice, etc.; Training tips after.

June 14th - Meet at Freedom Park in Edwards; Pre-ride the Berry Creek race course with coaching working on technical skills; Nutrition tips after.

June 21st – Meet at Ski and Snowboard Club Vail; Intervals on Vail Mountain; Technical Skills practice on Vail Mountain; Bike maintenance after.

June 28th – Meet at Ski and Snowboard Club Vail; Time Trial up the Davos Hillclimb.

July 12th – Meet at Ski and Snowboard Club Vail; Switchback practice on the North Trail.

July 19th – Meet at Ski and Snowboard Club Vail; Pre-ride the Vail race course with coaching working on technical skills; sprints.

July 26th – Meet at Ski and Snowboard Club Vail; Intervals up Red Sandstone Road; Coached ride on Buffehr Creek or Son of Middle Creek working on technical skills.

Aug. 2nd – Meet at TBD site; Pre-ride the TBD race course with coaching working on technical skills, sprints; Beers and awards after, yea!!!