



Get up & go!

mgridetoronto.com

morningglorycc@gmail.com

MGCC / High Country Endurance Boone, NC Cycling Camp

The MGCC would like to introduce Max Shute and High Country Endurance as our wonderful hosts in Boone, NC. Max and his team are our source for all information regarding the MGCC Boone high country cycling adventure. Below is list of the details/tips for you to consider straight from Max. Please do not hesitate to contact Max with any questions or concerns you may have. Train hard. The mountains are best enjoyed with strong legs.

About the Boone & the Camp

Boone is a small university town located at 3200ft elevation. Rides will typically have 100ft/climbing per mile and hit elevations close to 6000ft. This is an all-inclusive camp. Once you arrive you will have everything taken care of including all meals (excluding alcohol), lodging, and ride and mechanical support. The rides will be fully SAG supported complete with typical spare parts, medical supplies, and nutrition. A team of trained mechanics will prepare and maintain your bikes throughout. Training/Nutrition seminars will also be available for those interested.

WHEN

Wednesday, April 30 to Sunday, May 4

Check in and short ride will be Wed April 30. Long ride days will be Thursday, Friday, Saturday. A shorter departure day ride will be on Sunday for those with time. Check in on Tuesday, April 29th is available but will be an added cost.

LODGING

This year we will stay at the historic Green Park Inn in Blowing Rock (8 miles South of Boone). The Green Park Inn is a two hour drive from Charlotte Int Airport. We will eat all breakfasts and post ride meals here as well as 1 or 2 of the evening meals. Single occupancy when possible, otherwise double occupancy in rooms with two beds.

<http://greenparkinn.com/>

DINING

The Green Park chefs are working with Max closely to provide a delicious and healthy start to your day. Many of you are vegetarians or eat gluten free. No problem, Max is too. Breakfasts and post ride nutrition will need to support the training you just endured. No more fried chicken. We will be eating like we mean it. Expect excellent proteins and plenty of fruits and veggies. Dinners will be out 2-3 of your evenings with 1-2 at the Green Park Inn. Saturday night will be a celebration hosted by Mellow Mushroom Pizza in downtown Boone.



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WEATHER

You will need to be prepared for anything but we can expect cool mornings warming to 55-70F. Last year was uncharacteristically cold and wet yet a great camp was had by all. Bring several kits including vests, arm and leg warmers, gloves, rain jacket, booties, and of course your skull protector.

BIKE TIPS

Have your bike tuned prior so we can focus on riding. We brake often in the mountains. For this reason carbon clinchers are strongly discouraged. Even with advancements they still tend to heat up too much too quickly. We want your strong training wheels. This is a training camp so bring your Spartan bike and game face. Leave your carbon hoops for race day. Properly installed tubulars are fine just be sure to bring your spare.

RIDE GROUPINGS

Once you arrive at the Green Park Inn the HCE staff will assemble and prep your bikes. Groups will be going out Wed as they arrive, likely forming 3 - 4 distinct groups. During our long rides groups will undoubtedly form. Each group will have ride leaders as well as personal SAG support. No matter your fitness you will be taken care of. Climbing camps lend themselves well to diversity in fitness levels. We climb hard, descend safely, and regroup often. Rides will depart at 9am each day and return by 3 or 4pm depending on route and distance. Expect 4-5 hours of hard cycling each day. And as usual, push-up contests are always encouraged, before, during, and after rides ☺!! If you need coaching to get ready I am available for a limited few. Get fit now to have a great time in May!

CONTACT INFORMATION

Max Shute, PhD
High Country Endurance
229-412-2602
mshute@trainright.com

COST: USD\$1,480 (all in)

Everything is included in this price, 4 nights accommodation, 5 days of guided, instructed, SAG supported riding, all on the bike nutrition, 4 custom chosen meals a day (not just regular hotel fare), taxes, & tips. Outside of alcohol and incidentals, everything is included in the USD\$1,480 - if you were to show up in Boone with only your bike, not drink a drop of alcohol or purchase anything, you will not need to bring a dollar in your jeans.

Transportation to and from Boone is not included. The MGCC is not providing bike transport to and from Boone this year.

DEPOSIT REQUIRED: C\$500

To secure your spot for this awesome MGCC adventure please email transfer C\$500 to morninggloryccboone@gmail.com or write a cheque payable to:

Morning Glory Cycling Club, 404 Millwood Road, Toronto, Ontario, M4S 1K2



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COST BREAKDOWN:

Lodging 4 nights + 4 breakfasts (this also includes a set-up fee for large dining group)	\$569.66
Post ride lunch buffet over 4 days	\$108
1 dinner at Green Park	\$35.30
Green Park gratuity @ 10%	<u>\$71.30</u>
Total Green Park	\$784.26
3 dinners out w/ gratuity (Casa Rustica etc)	\$120
Camp costs:	<u>\$450</u>
SAGs, Guides, Nutrition, Educational seminars to those interested (\$25 higher than last year simply to help cover the cost of hiring an EMT for crashes. We need this.)	
Total:	\$1354.46
10% HCE staff tip	\$135.43
TRIP COST (rounded down to \$1480)	\$1489.89