



## Ladies' Lake Placid Training Camp 2014

May 28th - June 1st, 2014



*Become a stronger cyclist, improve your riding skills, and enjoy a wonderful group experience, in beautiful Lake Placid, NY!*

**When:** Wednesday, May 28th, to Sunday, June 1st, 2014

**Where:** High Peaks Cyclery (HPC), Lake Placid, NY

**Who:** Women members of MGCC, of all skill levels

**Cost:** US\$900 (with tax), which includes accommodations, most meals (incl. wine & beer), ride support, coaching, ride nutrition, and a few extra perks!

# Proposed Itinerary

## Day 1: Wednesday, May 28<sup>th</sup>, 2014:

**5am:** Depart Tremblett's Value Mart. Car pooling will be organized ahead of time, and detailed travel information provided. The drive is expected to take 6-7 hours. Lunch stop while on route, or upon arrival in town of Lake Placid (not included on Day 1).

**12-2pm:** Arrival at HPC. Check in, unpack, relax...

**2pm:** Meet and greet, safety talk and introductions, Q&A. Distribute HPC Welcome packets.

**2:30pm:** Get ready for group ride departing at 3pm.

**3pm:** Group ride (coaching and safety ride) to assess riders and determine groups. 2-3hr ride. Sag wagon will follow group in case of emergency. Brian Delaney and two additional coaches will ride with the group. **The entire group will ride together.**

**6pm:** Chicken BBQ dinner (vegetarian/gluten-free option will be available if required), wine and beer available. During dinner, coaches will discuss groups, group size, and members. No planned evening activities (rest and relaxation).

### Lodging Details

*Since last year, HPC has added a third house, the new "Base Camp" lodge, providing additional space and more comfortable quarters for our group. Assuming a group of between 10 and 20 MGCC Campers, we will be accommodated based on double-occupancy, with two riders per room and extra space for everyone in Base Camp, Guide House, and High Peaks House.*

*"Base Camp" has three large bedrooms, a large living room/kitchen area, and offers two full baths, great wood and leather furniture, and a laundry. It also offers a large private deck.*

*All three properties are located next door to High Peaks Cyclery and half a block from the Mirror Lake Beach and downtown Lake Placid. There is also storage for bicycles in an attached garage.*



## Day 2: Thursday, May 29<sup>th</sup>, 2014:

**7am:** Good Morning! Start the day with yoga and stretching...

**8am:** HPC will provide oatmeal, eggs, fruit and other healthy food (based on dietary needs). Campers prepare their own breakfast. (Camp staff will take care of the clean-up.)

**9am:** Break in to groups A, B, and C. Depart for ride from the High Peaks Guide House. Return to camp for lunch.

**1pm:** Group lunch on the deck, weather permitting, or in the Guide House.

**2-6pm:** Afternoon activity consisting of 3 adventures of group's choice.

**7pm:** Dinner on the deck. Pizza party and salad. Wine and beer included. (Vegetarian and/or gluten-free options will be available based on dietary needs; info will be requested ahead of time from each camper.)

### Bicycle Day Trip Details

*Client care and safety is High Peaks Cyclery's main concern. Each day's progress will vary with weather, groups' energy level and other factors. Each group will have a sag wagon and bicycle technician.*

*Snacks, energy bars, gels, chews and energy drinks will be provided for each ride. Ride will be 30-60 miles in length with duration of 2-4 hours, based on group needs.*

*Campers who want longer, more challenging rides will have the opportunity to go out riding for a longer period, or go for a second ride after lunch. This will be determined on Day 1, based on the groups formed.*



### Evening Activities

*Evening yoga or massage therapy (additional cost to be confirmed) can be made available. Movies and the Lake Placid nightlife are also options. WiFi is available should you want to catch up with home, work, or upload your pictures of the day.*



### Day 3: Friday, May 30<sup>th</sup>, 2014

**7am:** Good Morning! Start the day with yoga and stretching, and have another great ride!

**8am:** HPC will provide oatmeal, eggs, fruit and other healthy food (based on dietary needs). Campers prepare their own breakfast. (Camp staff will take care of the clean-up.)

**9am:** Break in to groups A, B, and C. Depart for ride from the High Peaks Guide House. Return to camp for lunch. Different terrain and routes for group rides, for each of the groups.

**1pm:** Group lunch on the deck, weather permitting, or in the Guide House.

**2-6pm:** Afternoon activity consisting of 3 adventures of group's choice.

**7pm:** Dinner on the deck (weather permitting), or Guide House. Wine and beer included.

#### Coaching Ride Details

*Coaching rides consist of teaching the athlete technical skills that will make them a better cyclist. From basic skills from getting on and off the bicycle with clipless pedals, uphill techniques, downhill techniques, cornering, high speed cornering, shifting, pedaling, braking, energy efficiency, group riding skills, echelon riding, and more.*



## Day 4: Saturday, May 31<sup>st</sup>, 2014

**7am:** Good Morning! Start the day with yoga and stretching, and have another great ride!

**8am:** HPC will provide oatmeal, eggs, fruit and other healthy food (based on dietary needs). Campers prepare their own breakfast. (Camp staff will take care of the clean-up.)

**9am:** Break in to groups A, B, and C. Depart for ride from the High Peaks Guide House. Return to camp for lunch. Different terrain and routes for group rides, for each of the groups.

**1pm:** Group lunch on the deck, weather permitting, or in the Guide House.

**2-6pm:** Afternoon Activity

**7pm:** Dinner will be at a local restaurant (this meal is not included). A chance to experience one of the local restaurants in Lake Placid!

### Afternoon Adventure Activities

*Canoeing, kayaking, hiking, rock climbing, mountain biking, relaxing, swimming, more road cycling, or a combination of these activities. These activities are designed to expand your interest and vision on what is possible in the Lake Placid area.*



## Day 5: Sunday, June 1<sup>st</sup>, 2014

**7am:** Good Morning! Start the day with yoga and stretching, and have another great ride!

**8am:** HPC will provide oatmeal, eggs, fruit and other healthy food (based on dietary needs). Campers prepare their own breakfast. (Camp staff will take care of the clean-up.)

**9am:** All groups will ride together for a morning ride. We will ride as a honed team departing from the Guide House. Approximately 2 hour ride, ending around 11am. After ride, go for a swim or shower and relax on the deck!

**12pm:** Lunch on the deck, along with our Awards ceremony!

**1pm:** Good-byes, farewells, and... time to hit the road...

***Beautiful scenery, great coaching, wonderful camaraderie, delicious food, and amazing rides await...!***

