



Get up & go!

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MGCC / Real Deal Racing Arizona Cycling Camp

What:

A 5 day road cycling training camp brought to you by www.realdealracing.ca

Where: Fountain Hills, Arizona, USA

Accommodations: Holiday Inn Hotel & Suites Fountain Hills, AZ. Delightful!

Dates: Saturday, February 22 to late Thursday, February 27

Riding dates: Sunday, February 23 through Thursday, February 27

(travel dates are Saturday, February 22 and late Thursday, February 27 or Friday, February 28)

Price: \$599 for a double occupancy and \$899 for single occupancy. Airfare and meals not included. A **\$200 deposit** is due immediately, balance of payment must be made by February 7, 2014.

Details:

- Arizona: Home to winter training camps for many professional cycling teams due to excellent weather and spectacular road routes!
- Be prepared for long, hard, hilly rides.
- We'll also develop some racing skills and group riding skills, and promote the spirit of team work.
- Hill climb TT, TTT, Lead outs and lots of endurance riding,
- Round table discussions on various aspects of road cycling

Things to Note:

- The MGCC portion of this trip is nested into the longer Real Deal Racing camp which is almost 2 weeks in length. There may be some awesome new people to meet that are non-MGCC riders (but likely not for long) in attendance!
- This trip is slightly different than our annual Boone trip in the sense that it is **SELF SUPPORTED**. You will be required to carry spare tubes, pump, tools etc. for roadside repair, as well as whatever food and clothing you may need. Longer rides will make use of stops at convenience stores to top up fluids and food.
- Participants are responsible for their own insurance coverage (health, accident, travel, theft, etc.) and for insuring that such insurance coverage is valid outside Canada or their country of residence.
- While the weather is usually nice, plan for varying conditions.

CONTACT

For more information and to register, please contact Mike Mandel at mike@realdealperformance.ca!