



## VS PRO CX CAMP ITINERARY

<p><b>Bring to Camp</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bike</li> <li><input type="checkbox"/> CX/MTB Shoes</li> <li><input type="checkbox"/> Helmet</li> <li><input type="checkbox"/> Running Shoes</li> <li><input type="checkbox"/> Spare Tubes!</li> <li><input type="checkbox"/> Water Bottle</li> </ul>	<p><b>Available in the Morning</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Coffee</li> <li><input type="checkbox"/> Donuts</li> <li><input type="checkbox"/> Water</li> <li><input type="checkbox"/> Hydration Drink Mix</li> </ul>	<p><b>Available at Lunch</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fruit- Bananas, Fruit salad, Apples</li> <li><input type="checkbox"/> Sandwiches</li> <li><input type="checkbox"/> Canned Drinks</li> <li><input type="checkbox"/> Chips</li> <li><input type="checkbox"/> Water</li> <li><input type="checkbox"/> Cold Towels</li> </ul>
<p><b>Saturday</b>  <i>Sched subject to some changes</i>  <b>8-9am</b> Registration  <b>9am</b> Camp Starts with 20min Run  <b>9:30am</b> Split into Groups by Exp  <b>9:40am</b> Quick Tire Pressure Check  <b>By 10am</b> Hit Skill Practice!  <b>12pm</b> Lunch  <b>1pm</b> Short Course Preview and Putting a Lap Together  <b>2pm</b> Relay Race on Short Course  <b>3pm+</b> End of Day, hang out and chat</p>	<p><b>Location and Parking</b>  <b>Whitaker Ridge Dr, Winston-Salem, NC 27106</b>  <b>Check Google Maps and you'll see the course!</b>  <b>There will be signs, Parking on Grass Field (if you choose to park on pavement, use the shopping center lot, it's right next to the venue)</b></p> <p><b><u>Coaches</u></b>  Jonathan Page  Kerry Werner  Travis Livermon  Alicia Hamblen  Jon Hamblen</p>	<p><b>Sunday</b>  <i>Sched subject to some changes</i>  <b>8-9am</b> Registration  <b>9am</b> Camp Starts with 20min Run  <b>9:30am</b> Split into Groups by Exp  <b>9:40am</b> Quick Tire Pressure Check  <b>10am</b> Skills Refresh, Quick run through all sections  <b>10:30am</b> Handicap Chase Races. Work on passing at the correct time  <b>12pm</b> Lunch  <b>1pm</b> Bike Wash How To  <b>1:30</b> 2x Laps Long Course Cruise  <b>2pm</b> Practice Race Full Group Start, 30min  <b>3pm+</b> End of Day, hang out and chat</p>