



VS PRO CX CAMP ITINERARY

<p>Bring to Camp</p> <ul style="list-style-type: none"><input type="checkbox"/> Bike<input type="checkbox"/> CX/MTB Shoes<input type="checkbox"/> Helmet<input type="checkbox"/> Running Shoes<input type="checkbox"/> Spare Tubes!<input type="checkbox"/> Water Bottle	<p>Available in the Morning</p> <ul style="list-style-type: none"><input type="checkbox"/> Coffee<input type="checkbox"/> Donuts<input type="checkbox"/> Water<input type="checkbox"/> Hydration Drink Mix	<p>Break at Noon</p> <p>-you should be tired by then 😊</p> <p>Those interested in an endurance road ride will meet at 1pm</p>
<p>Saturday</p> <p><i>Sched subject to some changes</i></p> <p>8-9am Registration</p> <p>9am Camp Starts with 20min Run</p> <p>9:30am Split into Groups by Exp</p> <p>9:40am Skill Practice! Short laps hitting the tricky stuff</p> <p>10:30am Chase Races</p> <p>12pm Break</p> <p>1pm Road Ride, 1 and 2 hour options</p>	<p>Location and Parking</p> <p>Whitaker Ridge Dr, Winston-Salem, NC 27106</p> <p>Check Google Maps and you'll see the course!</p> <p>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)</p> <p><u>Coaches</u></p> <p>Jonathan Page Kerry Werner Travis Livermon Alicia Hamblen Jon Hamblen</p>	<p>Sunday</p> <p><i>Sched subject to some changes</i></p> <p>8-9am Registration</p> <p>9am Camp Starts with 20min Run</p> <p>9:30am Split into Groups by Exp</p> <p>9:40am Skill Practice! Short laps hitting the tricky stuff</p> <p>10:30am Chase Races</p> <p>12pm Break</p> <p>1pm Road Ride, 1 and 2 hour options</p>