



VS PRO CX CAMP ITINERARY

Bring to Camp <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 style="color: red;" type="checkbox"/> Spare Tubes!<input type="checkbox"/> Water Bottle	Available in the Morning <ul style="list-style-type: none"><input type="checkbox"/> Coffee<input type="checkbox"/> Donuts<input type="checkbox"/> Water<input type="checkbox"/> Hydration Drink Mix<input type="checkbox"/> Snacks	<u>Coaches</u> Kerry Werner Spencer Johnston Alicia Hamblen Jon Hamblen Zoe Clay (Sun) Travis Livermon (Sun)
Saturday <p style="color: red;">Sched subject to some changes</p> 8-9am Registration 9am Camp Starts with 20min Run 9:30am 2x Long Laps 10am Pre Ride Hot Lap 5x Hot Laps, Handicap Start. 5min Rest between laps 11am 2x Long Laps 11:30 20min Easy Run 12pm Done. Possible Road Ride options available	Location and Parking. See Map! 1411 Whitaker Ridge Dr, Winston-Salem, NC 27106 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) Bathrooms located in the woods or at Harris Teeter ☺ Jon Hamblen 413-575-7659 jfh@velocious-sport.com	Sunday <p style="color: red;">Sched subject to some changes</p> 8-9am Registration 9am Camp Starts with 20min Run 9:30am 2x Long Laps 10am Pre Ride Relay Lap Relay: 2-4 Person Teams, 12 Laps (about an hour) 11am 2x Long Laps 11:30 20min Easy Run 12pm Done. Possible Road Ride options available