



VS/PE 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 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	Available at Lunch <ul style="list-style-type: none"><input type="checkbox"/> Fruit<input type="checkbox"/> Pizza<input type="checkbox"/> Canned Drinks<input type="checkbox"/> Chips<input type="checkbox"/> Water<input type="checkbox"/> Cold Towels<input type="checkbox"/> Hydration Drink Mix
Saturday <p>Sched subject to some changes</p> <p>8-9am Registration</p> <p>9am Camp Starts with 20min Run</p> <p>9:30am Split into Groups</p> <p>9:40am Quick Tire Pressure Check</p> <p>By 10am Skills Practice!</p> <p>12pm Lunch</p> <p>1pm Skills and Short Course Preview and Putting a Lap Together</p> <p>2pm Relay Race on Short Course</p> <p>3pm+ We might run a little long this day. End of Day, hang out and chat</p> <p>Schedule subject to change based on what we see you all need and want!</p>	Location and Parking: <p>1411 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 think you'll get stuck, use the shopping center lot, it's right next to the venue)</p> <p>Coaches</p> <p>Jonathan Page Alicia Hamblen Jon Hamblen Spencer Johnston Zoe Clay Emily Shields</p>	Sunday <p>Sched subject to some changes</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 Skills Refresh, Quick run through all sections</p> <p>11:00am Handicap Chase Races. Work on passing at the correct time</p> <p>12pm Lunch</p> <p>1pm 2x Laps Long Course Cruise with Singletrack</p> <p>2pm Practice Race Full Group Start, 30min</p> <p>3pm End of Day</p>

