



## **Carmichael Training Systems – Asheville, NC Off Road Assault on Mt. Mitchell Training Camp**

- Date:** May 21-23, 2010
- Focus:** Introduction to and Training for Off Road Assault on Mt. Mitchell race near Asheville, NC.
- Location:** Asheville, North Carolina / Old Fort, NC

Think you're ready for the epic Off Road Assault on Mt. Mitchell, or maybe wondering what you got yourself into if it's your first time? Then what better place to join your friends – and make new ones – than on the ORAMM™ course in the Northern Pisgah Forest and in the shadow of Mt. Mitchell? Come ride with CTS Coaches and learn the proper riding skills needed to be confident, powerful, and successful for ORAMM™ in July. Pre-ride the crucial parts of the course and learn strategies to get you through the race and over any unexpected obstacles. We will also cover basic on-trail bike repair and other topics such as how to prepare for different types of weather conditions, optimal nutrition and hydration strategies, and crew support.

This is an intensive race-specific camp that will challenge your skills and fitness. Expect to spend at least 5 hours per day on the bike. This camp is best suited for intermediate and advanced mountain bikers, and anyone planning on competing in the Off Road Assault on Mt. Mitchell Race. We recommend that your bicycle be equipped with a 22-34 front gearing and 12-34 rear cassette or appropriate single speed gearing (gearing of 32 or 33 x 22, 23 or 24 is recommended) for this camp.

Inclusive in this camp is an entry into the 2010 Off Road Assault on Mt. Mitchell Race.

The Off Road Assault on Mt. Mitchell is entering its 11<sup>th</sup> year and is as wicked as ever. The race is 63 miles of technical eastern single track with 11,000 feet of climbing. The course is extremely demanding and travels over rugged terrain with extreme elevation changes. The surrounding forest remains in its natural habitat. It is not uncommon to see wildlife such as a wild cat or a black bear. Be ready to cope with any circumstances!

The weather during this time of year can vary from 70-90 degrees, with summer thunderstorms that pass through in the late afternoons. Please be sure to come prepared for all weather conditions.

**Now taking reservations! Call for details: 1-866-355-0645**

**\*\*Note: This camp is open to athletes with and without confirmed entries into the Off Road Assault on Mt. Mitchell. Any athlete without a confirmed entry into the 2009 race will receive one guaranteed entry by attending this camp. For athletes receiving a guaranteed entry, cancellation or non-attendance for the camp will result in forfeiture of your ORAMM™ entry. Entries are non-transferable\*\***

**Included:**

- Daily training sessions, route recon and review with Carmichael Training Systems Coaches
- Professional Mechanics and support crew
- Complete Ride Support with GU Nutrition and Hydration products
- Training Presentations with CTS Coaches
- Entry to Off Road Assault on Mt. Mitchell 2010
- CTS Jersey
- 2 lunches

**Cost:** \$1150.00

Members receive a 5% discount on training camps. (Airfare, Lodging and Transportation not included.)

Registered athletes not requiring ORAMM Entry ticket receive \$100 discount on above pricing.

Bicycle assembly is not included for this camp. If you would like our mechanics to unpack/assemble and re-pack your bike, there will be an additional charge of \$50.

**Registration:**

A non-refundable \$300.00 deposit is due at time of registration. The remaining balance is due 30 days prior to the camp and will be billed automatically. The credit card information used for your deposit will be billed unless otherwise arranged with the CTS accounting department.

**Arrival/Departure:**

We recommend you arrive to Asheville by 2pm on Friday May 21, 2010. Camp registration will be from 3:0-5:00pm on May 21, 2010. You must provide your own transportation while in Asheville. The conclusion of the camp will be Sunday, May 23, 2010 after the final ride.

**Bike Transport and Assembly:**

If you are shipping your bike, please make sure it arrives at CTS by May 21, 2010. Bicycle transport and assembly are not included in the price of this camp.

If you'd like to send your bike to CTS Asheville, please use the following address for shipping your bike(s):

Carmichael Training Systems  
22 Fall Pippin Lane, Suite 105  
Asheville, NC 28803

**(Please make sure your bike box/case is clearly labeled with your name)**

**Airport:**

Asheville Regional Airport (AVL) is a short 15 minute drive to our offices, and 25 minutes to recommended hotels.

Charlotte Douglas International (CLT) is an approximate 2 hour drive away, and Greenville Regional Airport (GSP) is approximately 60 minutes drive from Asheville.

**Acceptable Bikes and Equipment.**

Due to the nature of this camp, and for the safety of all of the athletes and staff, time trial bikes, triathlon bikes and aero bars are not allowed for this camp. Your bike must be equipped with a standard set of road bars and brake levers. If you have questions about your bike setup, please contact Colin Izzard in the Asheville office at 828-274-4535 x 320 or by email at cizzard@trainright.com.

**Lodging:**

Housing is not provided as part of the camp, but here are a few suggestions for local hotels near Old Fort, NC.

- **[Big Lynn Lodge](#)**: 800-652-5232
- **[Catawba Falls Campground](#)**: 828-668-4831
- **[Cottages at Spring House Farm](#)**: 877-738-9798
- **[Hampton Inn](#)**: 828-652-5100
- **[Inn at Blue Ridge](#)**: 828-756-7001
- **[Inn on Mill Creek](#)**: 877-735-2964
- **[Switzerland Inn](#)**: 800-654-4026

Link to Lodging Map:

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=108835659982773338585.000468059dae0e9003cff&ll=35.689649,-82.080231&spn=0.39038,0.583649&z=10&source=embed>

## Things to Bring

### Items to pack for any of our camps:

- \_\_\_ Mountain bike: Cleaned, Tuned and ready to ride.
- \_\_\_ Helmet
- \_\_\_ Jerseys            2 per day
- \_\_\_ Shorts             2 per day
- \_\_\_ Wind Vest
- \_\_\_ Baselayer        2 or more during Spring and Fall
- \_\_\_ Rain Jacket
- \_\_\_ Arm Warmers
- \_\_\_ Socks
- \_\_\_ Cycling Gloves
- \_\_\_ Cycling shoes/pedals
- \_\_\_ Eyewear / sunglasses
- \_\_\_ Chamois Cream
- \_\_\_ Small tote        for anything you wish to keep in support vehicle
- \_\_\_ Sunscreen
- \_\_\_ Toiletries        for clean up between rides.
- \_\_\_ Data device      Heart Rate Monitor and/or Power Meter (not mandatory)

### Items to add for any Asheville camp occurring during February, March, September or October:

- \_\_\_ Wind Vest
- \_\_\_ Base layers    medium and heavy weight
- \_\_\_ Light jacket
- \_\_\_ Medium weight jacket
- \_\_\_ Long sleeve and/or thermal jersey
- \_\_\_ Long finger gloves
- \_\_\_ Shoe covers/booties
- \_\_\_ Leg or knee warmers or light tights

### Other items to consider:

We recommend that your bicycle be equipped with a 22-34 front gearing and 12-34 rear cassette or appropriate single speed gearing (gearing of 32 or 33 x 22, 23 or 24 is recommended) for this camp.

Bottles/mix/food        If you will be arriving in before a camp begins or remaining afterward and wish to ride, please bring what food/drink supplies you will need for your riding.

We will have sport drinks, food, spare tubes/tires, etc in our follow vehicles. Each day we will prepare water bottles for your bike using GU Electrolyte Brew, and will provide you with GU Energy products for use during the camp.

If you have any questions about what to pack or what to look for when purchasing cycling clothing or supplies, please contact us at 828-274-4535.

**CTS-Asheville Off Road Assault on Mt. Mitchell Training Camp  
Old Fort, NC  
May 21-23, 2010**

**Friday, May 21**

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|-------------|--|
| 3:00-5:00pm | Registration, meet and greet   |
| 5:00-7:00pm | CTS Discussion: ORAMM Course description and technical requirements<br>Meet & Greet and social at CTS offices in Asheville |

**Saturday, May 22**

- |               |   |
|---------------|---|
| 8:00am        | Arrive at Old Fort Park prepared to ride.   |
| 8:30-11:30am  | Ride Session: Skills and Drill<br>Pacing Strategy<br>Road Handling<br>Descending<br>Technical skills: roots, rocks, drop and side hill / off cambré |
| 11:30-12:30pm | Trailside Lunch Break – provided by CTS   |
| 12:30-1:00pm  | Discussion: ORAMM specific nutrition / feed station practical   |
| 1:30-5:00pm   | Ride Session: Kitsuma section   |

**Sunday, May 23**

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|-------------|--|
| 8:00am      | Arrive at Old Fort Park prepared to ride.  |
| 8:30am      | Training Presentation: Race day prep and warm-up   |
| 9:00-4:00pm | Endurance Ride: Curtis Creek – Heartbreak Ridge sections<br>(trailside lunch at top of Curtis Creek provided by CTS) |
| 4:00-4:30pm | Last minute Q&A with coaches, wrap up and farewell   |