



Carmichael Training Systems – Buellton, CA
Spring Training Camp

Date: Feb 22 - 27, 2010
Focus: Spring Training Camp
Location: Buellton, California

Buellton camps are CTS' flagship training camps. You will be treated like a professional cyclist in every way from daily massages, daily access to an Registered Dietician, to individual power file analysis with our coaches.

This camp is open to riders of all levels. Rides carry you through some of the Santa Ynez Valley's finest roads. You will pass through rolling terrain along streams, through vineyards and horse farms.

As always, Chris Carmichael makes it a priority to attend this camp. Come ride with the best and hear tales from the pro peloton with the premiere name in endurance coaching.

Should you be able to arrive early or stay late, we will be offering a 3D dynamic bike fit at a discounted rate with one of our bike fit experts. To schedule one, please let the camp manager know.

Buellton is a small town located in Santa Barbara County, near the Los Padres National Forest and just inland from the coast of the Pacific Ocean. Known as the gateway to Santa Ynez Valley, Buellton is a popular destination for cyclists. Quiet roads and beautiful scenery await the cyclist who is ready to get back out on the bike. Buellton is not only famous for its abundant riding routes, but is famous for great restaurants, galleries, country inns and exceptional tasting rooms.

The weather during February can vary from 50-70 degrees with the occasional spring rain shower. Please come prepared to ride in all weather conditions.

Included:

Daily training sessions with Carmichael Training Systems Coaches
Use of PowerTap 2.4 Wireless Wheel System
Certified Professional Mechanics from the SRAM Race Support Team
Complete Ride Support with GU Nutrition and Hydration
Training Talks with CTS Coaches
CTS Jersey
5 breakfasts, 5 lunches, 5 dinners

Cost:

\$3,999 for single, \$4,749 for king suite

Registration:

A non-refundable \$750.00 deposit is due at time of registration. The remaining balance is due 60 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.

Cancellation:

If you have to cancel for any reason, your deposit and additional fees depending on your cancellation date will not be refunded. Exceptions to this policy will not be made for any reason, including weather or personal emergencies and balances cannot be transferred.

- More than 90 days prior: Deposit only
- 61-90 days prior: Deposit plus Cancellation Fee of 50% of the original camp price
- 31-60 days prior: Deposit plus Cancellation fee of 75% of the original camp price
- 0-30 days prior: Deposit plus Cancellation Fee of 100% of the original camp price
- There are no discounts, refunds or exchanges associated with a Member skipping or missing any portion of a camp and/or class including, without limitation, meals, lectures or rides.
- CTS reserves the right to cancel a camp and/or class at any time. In this event, Member will be issued a full refund for the camp and/or class registration fee. CTS is not responsible for expenses associated with planning Member's trip including, without limitation, airfare, lodging, meals, transportation, etc., (collectively, "Member Expenses") to attend any camp and/or class.
- Camp will be conducted based on the schedule posted prior to the camp, but CTS reserves the right to modify the camp schedule based on, without limitation, weather and the number or skill level of athletes in attendance.
- All fees will be applied to the camp and/or class for which you are registered. If you have to cancel for any reason, your deposit and all subsequent payments will be applied to the camp and/or class for which you have registered and cannot be transferred to an alternate camp and/or class or any other Service or product offered by CTS.

Arrival/Departure:

We recommend you arrive by 1 PM on February 22nd, 2010. Bike assembly and camp registration will be from 2 PM-5 PM on February 22nd. The conclusion of the camp will be Saturday, February 27th after the final dinner and check out is on February 28th. We will provide transportation to and from the Santa Barbara airport on the 22nd and 28th only.

Bike Transport and Assembly:

If you are shipping your bike, please make sure it arrives at the Santa Ynez Valley Marriott by February 20th. Our professional SRAM mechanics will gladly assemble it and have it waiting for you.

Santa Ynez Valley Marriott
555 McMurray Road
Buellton, CA 93427

If you wish to ship your bike, we recommend using Sports Express. They provide door to door pick/up and delivery of your bike. You will need to pack your bike, or have it packed for you, and Sports Express will take care of the rest. Sports Express can be found at www.sportsexpress.com.

We will take care of packing your bike before it departs.

Acceptable Bikes

Due to the nature of this camp, and for the safety of all of the athletes and staff, time trial 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 the camp manager.

Lodging:

During the camp we will be staying at the Santa Ynez Valley Marriott in Buellton. Should you need to book an extra night or two, just let us know and we can set it up.

Airport:

Santa Barbara Airport (SBA) is the closest airport to Buellton and the Training Camp.

Things to Bring**Items to pack for any of our camps:**

Bicycle	Clean! Tuned and ready to ride Your bike should have a 12-25 or a 12-27
Helmet	
Jerseys	at least 5 (short and or long sleeve)
Shorts/Bibs	at least pairs
Wind Vest	
Light Jacket	
Baselayer	1 or 2 lightweight
Rain Jacket	
Arm Warmers	
Knee Warmers	
Leg Warmers	
Socks	
Cycling gloves	short finger and long finger
Cycling Shoes/pedals	(carry these with you if traveling by plane)
Eyewear/sunglasses	
Chamois cream	
Small tote or backpack	for anything you wish to keep in support vehicles.
Heart Rate Monitor and/or Power Meter (PowerTap or SRM or other)	
Sunscreen	

Other items to consider:

- 12-27 cassette - If you are not accustomed to climbing, are a beginner cyclists or are attending a climbing camp.
- Bottles/mix/food - if you will be arriving in Buellton 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 866-355-0645.

Buellton Spring Training
Buellton, CA
February 22-27, 2010

Monday February 22nd

2:00-5:00pm Registration and bike drop off
 6:00-7:00pm Dinner
 7:00-8:00pm Camp Overview and Introductions

Tuesday February 23rd

7:30-8:30am Breakfast
 9:00am Ride Departs: CTS Field Test
 1-1/2 to 2 hours
 12:00-1:00pm Lunch
 3:00pm Ride Departs: PowerStarts, Stomps, and Bike Handling Skills
 1-1/2 to 2 hours
 6:00-7:00pm Dinner
 7:00-9:00pm Detailed Analysis of CTS Field Test results

Wednesday February 24th

7:30-8:30am Breakfast
 9:00am Ride Departs: EnduranceMiles with 2-by-2 riding
 Group A: 2-1/2 to 3 hours
 Group B: 3 to 3-1/2 hours
 Group C: 3-1/2 to 4 hours
 12:00-1:00pm Lunch
 2:00pm Massages Begin and Data Recall with Coaches
 5:00-6:00pm Coaching presentation TBD
 6:00-7:00pm Dinner on your own

Thursday February 25th

7:30-8:30am Breakfast
 9:00am Ride Departs: ClimbingRepeats
 2-1/2 – 3-1/2 hours
 12:00-1:00pm Lunch
 1:00-2:00pm Data Recall with Coaches
 2:00pm Massages Begin and Data Recall with Coaches
 6:00-7:00pm Advanced Symposium- your choice of two of the following:
 Advanced nutrition
 Training with power
 Mechanic's clinic
 7:00-8:00pm Dinner

Friday February 26th

7:30-8:30am	Breakfast
9:00am	Ride Departs
1:00-2:30pm	Lunch
2:30pm	Massages Begin and Data Recall with Coaches
6:00-7:00pm	Dinner
7:00-8:00pm	Chris Carmichael- Tales from the Peloton

Saturday February 27th

6:30-7:30am	Breakfast
8:00am	Ride Departs: The STINGER
1:00-2:30pm	Lunch
2:30pm	Data Recall with Coaches
7:00pm	Final Dinner

Sunday February 28th

Hotel Checkout and Departure for Airport