



Carmichael Training Systems – Vail, CO
High Altitude Performance Camp

Date: June 22 - 26, 2010

Focus: High Altitude Performance

Location: Vail, Colorado

The Vail High Performance Camp is the newest addition to our Colorado Camps. Come experience some of the classic Colorado summer rides while being coached by our world class staff. You will be treated like a professional cyclist in every way from post ride massages, to individual power file analysis with our coaches.

This camp is open to riders of all levels. Rides will provide a mix of breath taking climbs, descents and flat mountain roads.

Vail is a small resort town located in the heart of the Rocky Mountains. Quiet roads and beautiful scenery await the cyclist who is ready for a new bike adventure. Vail is not only famous for its skiing but also its spectacular riding routes, restaurants, and endless possibilities for outdoor adventures.

The weather during June can vary from 50-80 degrees, and although rain showers can sometimes pass through at higher elevations. Be sure to come prepared for all weather conditions.

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.

Included:

Daily training sessions with Carmichael Training Systems Coaches

Use of PowerTap 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 nights Hotel accommodations at the Vail Mountain Lodge (<http://vailmountainlodge.com/>)

2 Post Ride Massages

4 breakfasts, 4 lunches, 2 dinners

Cost:

\$2,999

Vail Locals Discount price- \$2,299 (must provide proof of local residency)

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.

- 6 business days through 30 calendar days prior: Cancellation fee of deposit only
- Within 5 business days from start of camp: Cancellation fee of deposit plus 50% of balance due for the applicable camp.
- 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 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 offer by CTS.

Arrival/Departure:

We recommend you arrive by 1 PM on June 22nd, 2010. Bike assembly and camp registration will be from 2 PM-5 PM on June 22nd. The conclusion of the camp will be Saturday, June 26th after the final dinner and check out is on June 27th. We will provide transportation to and from the Eagle County airport on the 22nd and 27th only.

Bike Transport and Assembly:

If you are shipping your bike, please make sure it arrives at the Vail Mountain Lodge on Monday June 21st. Our professional SRAM mechanics will gladly assemble it and have it waiting for you.

Vail Mountain Lodge
352 East Meadow Drive
Vail, Colorado 81657

If you wish to ship your bike, we recommend using Luggage Forward. 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.luggageforward.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 Vail Mountain Lodge in Vail, Colorado (<http://www.vailmountainlodge.com/>). Should you need to book an extra night or two, just let us know and we can set it up.

Vail Mountain Lodge & Spa is a thoughtfully appointed retreat for active travelers, offering a unique guest experience and the relaxed ambience and intimacy of a treasured B&B. The boutique hotel is distinguished by Vail's most spacious lodge rooms, the award-winning Terra Bistro restaurant, state-of-the-art Vail Athletic Club (VAC), The Spa featuring healing and holistic treatments on the banks of Gore Creek – all of which combine to promote a healthy mountain lifestyle. With just 28 accommodations and a strong service commitment, the Vail Mountain Lodge & affords a highly personalized guest experience.

After a day of riding, many options await you back at Vail Mountain Lodge. All Lodge guests receive complimentary access to the Vail Athletic Club. The VAC offers daily classes, indoor rock climbing and a complete yoga and pilates studio.

To relax your muscles and mind, The Spa at Vail Mountain Lodge is the perfect end to a great day in Vail. The Spa offers an extensive menu of therapeutic massages, facials and signature treatments delivered by top-tier practitioners.

Each morning, enjoy breakfast from Terra Bistro and of course, "Appy" Hour each day in Terra is the perfect place to catch up on the highlights of your ride.

www.vailmountainlodge.com <http://www.vailmountainlodge.com>

Airport:

Eagle Country Regional Airport (EGE) is the closest airport to Vail 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 (Power Tap 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 Vail 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.

**High Altitude Performance Camp
Vail, CO
June 22-26, 2010**

Tuesday June 22nd

2:00-5:00pm Registration
6:00-7:00pm Dinner at Terra Bistro
7:00-8:00pm Camp Overview and Introductions

Wednesday June 23rd

7:30-8:30am Breakfast
9:00am Ride Departs: CTS Field Test
1-1/2 to 2 hours
12:00-1:00pm Lunch
2:00pm Ride Departs: Bike Handling Skills, Climbing and Descending
5:00-6:00pm Data Recall with Coaches
6:00-7:00pm Dinner on your own

Thursday June 24th

7:30-8:30am Breakfast
9:00am Ride Departs: Climbing Focused Ride
3-1/2 – 4-1/2 hours
1:30-2:30pm Lunch
3:00pm Massages Begin and Data Recall with Coaches
6:00-7:00pm Bike Mechanics 101 courtesy of the SRAM neutral race support team
7:00-8:00pm Dinner on your own

Friday June 25th

6:30-7:30am Breakfast
8:00am Shuttle Departs for Colorado River Ride
9:00am Ride Departs: Endurance Miles
Focus 2x2 riding and pack skills
2 1/2-3 hours
1:00pm Lunch
3:30pm Massages Begin and Data Recall with Coaches
6:00-7:00pm Advanced Symposium: Training with Power
7:00-8:00pm Dinner on your own

Saturday June 26th

6:30-7:30am Breakfast
8:00am Ride Departs: Endurance Miles Ride: Putting it all together
5 – 7 hours
2:00-3:30pm Lunch
4:00pm Data Recall with Coaches
7:00pm Final Dinner at Terra Bistro

Sunday June 27th

Hotel Checkout and Departure for Airport