



Carmichael Training Systems – Tucson, AZ  
Climbing Camp

**Date:** March 17 thru 20, 2010

**Focus:** Climbing Camp

**Location:** Tucson, Arizona

The vast majority of cyclists want to ride faster and more comfortably on climbs, and the Carmichael Training Systems Climbing Camp in Tucson, Arizona is the perfect weekend getaway for making the climbing progress you're looking for. Never thought of Tucson, Arizona as a mountainous paradise? Think again. We're surrounded by mountains (Mt. Lemmon rises above 9000 feet above our desert floor). Join us and kick off your Spring with some climbing.

The camp is three and a half days of riding and presentations, through which our professional coaching staff will teach you the skills and techniques to become more efficient on the bicycle and give you the tools to become a better climber.

We welcome riders of all abilities. Come ready to absorb, learn, and retain as much as you can. CTS camp rides will all leave from the CTS Tucson Regional Center located at 3384 N Winstel, Tucson, AZ. All rides are fully supported.

Tucson is located in Southern Arizona surrounded by Saguaro Cacti and overlooked by our 9000' peak, Mount Lemmon. With 300 days of annual sunshine per year, Tucson is known as a mecca for cyclists. In April 2006, the League of American Bicyclists promoted the Tucson region to "Gold" status on their certification system of the nation's most "bicycle friendly" cities, making Tucson one of only seven cities in the U.S. to earn such distinguished status. Furthermore, two of the most popular and highly regarded bicycling publications, *Bicycling* and *VeloNews*, continue to rank our city in the top tier of "bicycle friendly" cities nationwide. In fact, *Bicycling* recently promoted Tucson to the #2 bicycling city nationwide for cities with population ranging from 250,000 to 500,000. Tucson is *the* winter training home of many professional cyclists and triathletes.

The weather during this time of year can vary from 70-90 degrees as a daily high. Chances of rain are very minimal but come prepared for all weather conditions.

**Included:**

- Daily training sessions with Carmichael Training Systems Coaches
- Certified Professional Mechanics
- Complete Ride Support with GU Nutrition and Hydration products
- Training Presentations with our Coaches
- CTS Jersey
- Two dinners and three lunches

**Cost:** \$999.00

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

**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.

**Cancellation Policy:**

If you have to cancel for any reason, your deposit may not be refunded depending on when you cancel. Additional cancellation fees may also apply.

**Cancellation Fees:**

- 6 business days – 30 calendar days prior: Deposit only
- Within 5 business days of the start of camp: Deposit plus 50% of remaining balance

Carmichael Training Systems reserves the right to cancel a camp. We will do so at least 30 days prior to the beginning of the camp. In this event, you will be issued a full refund. CTS is not responsible for fees associated with planning your trip, such as airfare.

All fees will be applied to the camp 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 for which you have registered and cannot be transferred to an alternate camp.

Exceptions to this policy cannot be made for any reason, including weather or personal emergencies.

**Arrival/Departure:**

We recommend you arrive by Wednesday, March 17<sup>th</sup>, 2010. Camp registration will be from 2:00-5:00pm on Wednesday, March 17<sup>th</sup>, 2010. You must provide your own transportation in Tucson. The conclusion of the camp will be Saturday, March 20<sup>th</sup>, 2010 after the final dinner.

**Bike Transport and Assembly:**

If you are shipping your bike, please make sure it arrives at CTS or your hotel by Tuesday, March 16<sup>th</sup>, 2010. We will gladly assemble it and have it waiting for you.

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/trainright](http://www.sportsexpress.com/trainright). We will take care of packing your bike before it departs.

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

Carmichael Training Systems  
7000 E Tanque Verde  
Suite 19  
Tucson, AZ 85715

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

**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.

**Airport:**

Tucson International Airport (TUS) is the closest airport to our offices. It is about 20 minutes away.  
Phoenix Sky Harbor International Airport (PHX) is 120 miles and approximate 2 hour drive away.

**Lodging:**

You are responsible for you own lodging at this camp. We list our suggestions for hotels below.  
[Click here for a list of the nearest hotels.](#)

[Ramada Foothills Tucson](#)

6944 E Tanque Verde Road  
Tucson, AZ 85715  
520-866-9595  
Next Door to CTS  
Call for CTS rate!

[Sheraton Tucson Hotel](#)

5151 E. Grant Road  
Tucson, AZ 85712  
(866) 716-8134

[Ventana Canyon Resort](#)

7000 N. Resort Drive  
Tucson, AZ, 85750  
Less than 6 miles from CTS  
Beautiful views

**Things to Bring**

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

Bicycle Clean, tuned and ready to ride  
Gearing Your bike should be equipped with a 12-27 cassette and/or a compact crankset.  
Helmet  
Jerseys at least 4 (short and or long sleeve)  
Shorts at least 4 pair  
Wind Vest  
Baselayer 1 or 2 lightweight  
Rain Jacket  
Arm Warmers  
Socks  
Cycling gloves short 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  
Toiletries for clean up between rides.

**Items to add just in case.**

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:**

**Compact crankset and/or 12-27 cassette**

Bottles/mix/food If you will be arriving 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 waterbottles 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 520-318-4032 or [Tucson@trainright.com](mailto:Tucson@trainright.com).

**Climbing Camp Schedule  
Tucson, AZ  
March 17 thru 20**

**Wednesday**

02:00-05:00pm	Registration and bike drop off
06:00-08:00pm	Introductions and Dinner provided by CTS

**Thursday**

08:00-08:45am	Presentation	Optimal Nutrition Before, During, and After Training
09:00-12:00am	Ride	Field Test, Cornering and Descending
12:00-02:00pm	Lunch	Provided by CTS
03:00-04:00pm	Data Recall	Meet individually with coaches to go over your data
04:00-05:30pm	Ride	Recovery Ride with Bike Skills

**Friday**

08:00-11:00am	Ride	Climbing Repeats
11:00-01:00pm	Lunch	Provided by CTS
01:00-02:00pm	Presentation	CTS Coaching Methodology with Power
02:30-04:00pm	Ride	Momentum
04:30-06:00pm	Data Recall	Meet individually with coaches to go over your data

**Saturday**

08:00-02:00pm	Group Ride	Tucson Stinger Ride
02:00-03:30pm	Lunch	Provided by CTS
02:30-04:00pm	Data Recall	Training Q and A with coaches and final data analysis
06:00-08:00pm	Final Dinner	provided by CTS