



**Carmichael Training Systems - Asheville, NC
Spring Training Camp in Brevard, NC
Presented by Powertap®**

Date: March 12 – 16, 2008
Focus: Spring Training Camp
Location: Brevard, North Carolina

Every spring, the mountains of western North Carolina attract cyclists from all over the East Coast for the training benefits found here. Join us for a camp designed for intermediate to advanced riders who are looking to jumpstart their spring training. This camp focuses on endurance training with a power meter – longer rides at moderate, steady intensities – under the guidance of our experienced coaching staff.

Whether you've attended cycling training camps in the past or always done your spring training solo, if you're seeking the next level of training, then this is the camp for you. This Spring Training camp is perfect for intermediate and advanced enthusiasts, and amateur racers. During this four-day camp we will challenge you with long rides through moderate to difficult, and always beautiful, terrain. We will outfit you with a PowerTap power meter for the camp, and conduct power file download/ review sessions with coaches. (If you have your own power meter, please bring it with you.)

Through the hands-on instruction during rides and presentations from coaches, you'll learn the proven training techniques and get to practice these techniques under the supervision of the coaches. All Carmichael Training Systems camp rides leave from the host hotel and are fully supported.

Brevard is a small town located in Western North Carolina, nestled between the Pisgah National Forest and the Dupont State Forest of the Appalachian Mountains. Known as the "land of waterfalls", Brevard is a popular destination for outdoor enthusiasts. Brevard is not only famous for its abundant outdoor activities, but also plays host to a vibrant downtown scene with art galleries, terrific restaurants, theatre, the Brevard Music Center, and Brevard College.

The weather during March can vary from 30-60 degrees, and although we are in the South the occasional snowy or icy day can occur at higher elevations during the early spring season. Please come prepared to ride in all weather conditions.

Included:

- Daily training sessions with Carmichael Training Systems Coaches
- Certified Professional Mechanics
- Complete Ride Support with PowerBar Nutrition and Hydration
- Training Talks with Carmichael Training Systems Coaches
- CTS Jersey
- Three lunches, one dinner on the first night and luncheon on the final day

Cost: \$1299.00

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

Registration:

A non-refundable \$300.00 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 will not be refunded. Additional cancellation fees are based on how far in advance we receive your cancellation notice in writing.

Cancellation Fees:

0-30 days: Deposit only

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 1pm on March 12, 2008. Bike assembly and camp registration will be from 1pm-3:30pm on March 12th. You must provide your own transportation while in Brevard. The conclusion of the camp will be Sunday, March 16th, after the final luncheon.

Bike Transport and Assembly:

If you are shipping your bike, please make sure it arrives to the hotel by March 11th. 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. We will take care of packing your bike before it departs.

Please ship your bicycle to:

Maripage Grubic
Carmichael Training Systems
c/o Hampton Inn Brevard
800 Forest Gate Center
Pisgah Forest, NC 28768

(Please make sure your bicycle box/case is well labeled with your name)

Lodging:

This camp is being hosted by the Hampton Inn Brevard. This hotel has free wireless and highspeed internet. There are no laundry facilities on site, but there is a coin-laundry nearby. The special room rate for our event is \$79 per night. Please let us know at the time of registration if you would like to reserve a room.

Hampton Inn Brevard
800 Forest Gate Center
Pisgah Forest, NC 28768
828-883-4800

Airport:

Asheville Regional Airport (AVL) is the closest airport to the camp hotel. It is approximately 17 miles to the hotel. There are taxi and rental cars available from the Asheville airport. Charlotte Douglas International (CLT) is an approximate 2 hour drive away, and Greenville Regional Airport (GSP) is approximately 60 minutes drive from Brevard.

Things to Bring:

Bicycle Clean, tuned and ready to ride
Your bike should have a 12-27 rear cassette, or compact cranks + 12-25
for our terrain

Helmet

Jerseys at least 4 (short and or long sleeve; a fresh one for each ride)

Shorts at least 4 pair (a fresh pair for each ride)

Wind Vest a must for the early spring

Thermal Jacket

Baselayer 2-3

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 (PowerTap or SRM or other)

Sunscreen

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

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:

Bottles/mix/food if you will be arriving in Asheville 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 PowerBar Endurance sports drink, and will provide you with PowerBar bars and PowerBar Gels 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 x321

Brevard 4 Day Spring Training Camp
Asheville, NC
March 12-16, 2008

Wednesday

1:00-3:30 pm Registration and bike drop off
4:00-5:30pm Warm up Ride (Optional)
6:30-8:00pm Dinner and Introduction of CTS Coaches, Athletes and Camp Schedule
Location: Poppies Market

Thursday

8:00-8:15am Arrive at Hotel – prepared to ride.
9:00-11:30am Ride Session: Field Test
11:30-1:00pm Lunch break
1:00-2:30pm Power file download & analysis with Coaches
3:00-5:30pm Ride Session: Endurance ride

Friday

8:00-8:15am Arrive at Hotel –prepared to ride.
9:00-11:30am Ride Session: ClimbingRepeats Workout
11:30-12:30pm Lunch break
12:30-1:30pm CTS Discussion: CTS Methods of Training
2:00-5:30pm Ride Session: EnduranceMiles
6:00-7:30pm Power file Download & review with coaches

Saturday

8:00-8:15am Arrive at Hotel –prepared to ride.
9:00-11:30am Ride Session: SteadyState Workout
11:30-12:30pm Lunch break
12:30-1:30pm CTS Discussion: Nutrition/Hydration/Heat Acclimatization
2:00-5:30pm Ride Session: EnduranceMiles
6:00-7:30pm Power file Download & review with coaches

Sunday

8:00am Arrive at CTS –prepared to ride.
8:30-1:30 PM *Carolina Crusher*
2:00pm Farewell Luncheon, Q&A with Coaches, Bike packing & Pickup