



Carmichael Training Systems - Asheville, NC
Climbing Camp

Date: June 26 – 29, 2008
Focus: Climbing
Location: Asheville, North Carolina

This camp, held in the scenic Blue Ridge Mountains of North Carolina, follows a similar format as CTS's very popular Climbing Camps conducted in Colorado. You'll learn key techniques that help riders of all sizes and shapes excel when the road tips toward the sky. And since what goes up must come down, we'll also help you develop the confidence and skills you need to descend quickly, safely, and efficiently. Camps include a CTS Field Test and subsequent review of test data with the coaching staff to determine your most efficient climbing pace.

Our three-and-a half day Climbing Camps welcome riders of ALL LEVELS, from beginners to advanced. We highly recommend that your bicycle be equipped with a 12-27 cassette for this camp.

Asheville is located in Western North Carolina, nestled into the Appalachian Mountains. Known for its beautiful mountainscapes, abundant outdoor activities and rich local history Asheville has been named *One of the Top Ten Outdoor Towns (Outside Magazine, 2002)* and one of the *10 Great Adventure Towns in 2004 (National Geographic Adventure)*.

The weather during this time of year can vary from 70-90 degrees, and although we are in the South chilly rain showers can sometimes pass through at higher elevations. Be sure to come prepared for all weather conditions.

Included:

- Daily training sessions with Carmichael Training Systems Coaches
- Training Presentations with CTS Coaches
- Complete Ride Support with Power Bar Nutrition and Hydration
- Certified Professional Mechanics
- CTS Jersey
- 3 lunches, 2 dinners

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 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 prior: Cancellation Fee of 100% of original camp price

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 2pm on Thursday, June 26, 2008. Bike assembly and camp registration will be from 3:30pm-5pm on June 26th. You must provide your own transportation in Asheville. The conclusion of the camp will be Saturday, June 29th, after the final dinner.

Bike Transport and Assembly:

If you are shipping your bike, please make sure it arrives to our offices by June 26th. 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.

If shipping your bike, please use the following address:

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

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.

Lodging:**Baymont Inn \$\$**

204 Hendersonville Road
Asheville, NC 28803
828-274-2022
www.baymontinns.com

Doubletree Biltmore Hotel (5 miles from CTS Asheville Center) \$\$\$

115 Hendersonville Road
Asheville NC 28803
828-274-1800
800-222-TREE (8733)
www.doubletree.com

Sleep Inn Biltmore \$

117 Hendersonville Road
Asheville, NC 28803
828-277-1800
www.sleepinn.com

Howard Johnson's in Biltmore \$

190 Hendersonville Road
Asheville NC 28803
(828) 274-2300

Inn at Biltmore Estate \$\$\$\$

(5 miles to CTS Asheville Center)

800.624.1575
innsales@biltmore.com
www.biltmore.com

Rates do not include tickets to the Biltmore Estate grounds. Biltmore Estate tickets are about \$45 and can be purchased online.

Holiday Inn Express \$\$

234 Hendersonville Road
Asheville NC 28803
(828) 274-0101

Biltmore Village Inn B&B \$\$\$

5 miles to CTS Asheville Center, overlooking historic Biltmore Village

119 Dodge Street
Asheville, NC 28803
866-274-8779
828-274-8707
www.biltmorevillageinn.com

Cedar Crest Victorian Inn \$\$\$

5 miles to the CTS Asheville Center, just up the hill from Biltmore Estate

674 Biltmore Avenue
Asheville, NC 28803
828-252-1389
www.cedarcrestvictorianinn.com

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
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 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:

- 12-27 cassette and/or a compact crankset - If you are not accustomed to climbing, are a beginner cyclist.
- 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, and will provide you with PowerBars 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.

