

2017 USA Cycling Regional Talent ID MTB Camp
June 26th-July 1st
hosted by Colorado College
Colorado Springs, CO

If you've come this far, then you're on the right path. You will find most of the answers to your questions below regarding the upcoming camp. Further details will be provided upon confirmed registration.

Schedule: *subject to change

USAC MOUNTAIN BIKE TALENT ID CAMP							
June 26 th - July 1 st Colorado College, Colorado Springs, CO							
Time	Monday 6/26	Tuesday 6/27	Wednesday 6/28	Thursday 6/29	Friday 6/30	Saturday 7/1	
7:00-8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:00-9:00	Arrive to COS airport or Colorado College by 12:00. Mathias Hall NE corner of Nevada Ave & Uintah	Testing protocol	Skills Session	Palmer Park ride + start practices	Long Ride with shuttle - box lunches (30 @ 7:30)	A.M. Check out and flights from COS	
9:00-10:00							
10:00-11:00		Short Field Test					
11:00-12:00							
12:00-1:00		Lunch	Lunch	Lunch			Lunch
1:00-2:00	Bike Building	Long Field Test	Skills Session	Captain Jack's Ride			
2:00-3:00							
3:00-4:00	PM Warm-up Ride TBD - Ute Valley Park & Palmer Park						
4:00-5:00							
5:00-6:00						Dinner	
6:00-7:00	Dinner	Dinner	Dinner	Dinner	Trail Maintenance		
7:00-8:00	Welcome/Intros	Discussion - Collegiate Cycling	Discussion- Testing results	USAC Devo Pipeline - Mark Gullickson			
8:00-9:00		Discussion - Safety & Cycling Law					
9:00-10:00	Quiet Time - Lights out at 10pm	Quiet Time - Lights out at 10pm	Quiet Time - Lights out at 10pm	Quiet Time - Lights out at 10pm	Quiet Time - Lights out at 10pm		

** tentative schedule/ subject to change

Transportation:

- Plan for a Monday morning arrival & check-in & Friday evening or Saturday departure
 - If arriving early please notify as Colorado College must accommodate
- Air Travel
 - Arrival into Colorado Springs airport is ideal and staff shuttles can accommodate transportation to Colorado College
 - Arrival into Denver International is option, but NO staff shuttles will be available
 - Non-camp affiliated shuttles you can book are www.coloradoshuttle.com & www.frontrangeshuttle.com *I've used both with satisfaction as they offer curbside pick up & several local drop off locations.
- Ground travel
 - Plan arrival at Mathias Hall on the Colorado College Campus
 - Physical address - 123 E Uintah St. Colorado Springs, CO 80903
 - Map link <https://goo.gl/maps/QgqtXApFLME2>
 - Access by turning right on South Nevada Ave just east of the physical address, then next right into the off street access.
- Shipping bikes
 - If you plan to ship your bike vs fly or drive with; Ensure it arrives **NO LATER than Friday June 23rd**.

- Shipping address:
*USA Cycling Talent ID Camp
Attention: Gregory Cross
210 USA Cycling Point
Suite 100
Colorado Springs, CO 80919*
- Arrival from ProXCT Angel Fire, NM June 24 & 25th
 - If you are attending race or considering pending transportation to Colorado Springs, please contact me directly. daniel@mathenyendurance.com

Camp amenities:

- Once athletes arrive, camp is all-inclusive.
 - Lodging is dormitory style. Bedding provided.
 - Meals provided by Colorado College dining or occasional group meal (schedule necessitating)
 - Some snacks will be provided along with some USAC sponsor nutrition supplies
 - If specific needs or ride nutrition is preferred (drink mix, sports nutrition, etc.) then please bring your own.

Location & Weather:

- Colorado Springs is situated at 6000ft elevation so altitude is a consideration & a benefit to this camp.
- Colorado College is conveniently located so we will be riding to and from our trails via bike path and some road connections.
- Weather is typically 50-75 degrees during this time of year with the chance of afternoon summer thunderstorms likely and the occasional exceptionally warm or cool day and even cooler nights sometimes into the 40s. It is the Rocky Mountains so can be variable.
- Sun is intense & hydration along with sun screen is essential.

Ride dynamics:

- We strive for an exceptional experience for the athlete with a maximum 1:6 ratio of coaches & staff to athletes. This is to ensure the athlete gains experience from the respective leader.
- Rides will naturally break (or sometimes be encouraged) into smaller groups to better suite varied fitness levels and allow optimal coach:athlete ratio.
- Some rides like the field test will be completely individual but most will be group setting with riders being encouraged to maintain a cohesive group or offer intermittent regrouping.
- We will be riding the foothills of Pikes Peak and some local parks. Our trails are mostly rocky (scree = decomposed granite), can be loose, and often technical. Hardtail or suspension bikes are both fine and there is plenty of climbing so plan gearing accordingly. Most any 2x or 3x set-up is fine and if 1x gearing then plan for a 28-34t front chainring depending on rider strength.