



HOTEL PERLA, RICCIONE, ITALY

*Riccione Cycling & Triathlon Camp June 1-8, 2019*

| Day                | Start time *      | Route / Distance(s) / Info                                | Swim - Triathletes   | Run (Tri) and/or Seminar (everyone)                    |
|--------------------|-------------------|---|--|--|
| Saturday<br>June 1 | 10:00am           | Arrival Day   |  |  |
|                    | 2:00-4:00pm       | Short Flush out Ride – optional depending on arrival time |  |  |
|                    | 7:30pm            | Group Dinner at Perla Hotel                               |  | Camp Jerseys and Week Review                           |
| Sunday<br>June 2   | 10:00am & 12:00pm | Bike Skills 10-11:00am<br>Panoramica Ride 65km            | 8:00am on deck. 50m Pool.<br>Meet 7:30am in Lobby.<br>Van ride to Pool | 2 / 3 pm: Run 4km post Bike                            |
|                    | 3:00-6:00pm       | Relax, Beach time   |  |  |
|                    | 6:00pm            |   |  | Group Seminar by Cory:<br>Nutrition and fat metabolism |
| Monday<br>June 3   | 10:00am           | 80km ride preferred                                       | 8:00am on deck. 50m Pool.<br>Meet 7:30am in Lobby.<br>Van ride to Pool |  |

|                             |         |  |  |  |
|-----------------------------|---------|--|--|--|
|                             | 5:00pm  |  |  |  |
| <b>Tuesday<br/>June 4</b>   | 9:00am  | Ride to Tuscany 100-110km                                | No swim. 8:00am load Van with bags and extra gear. | Pack one bag for overnight stay in Tuscany.                  |
|                             | 7:00pm  | Dinner at Hotel in Tuscany                               |  | Dinner at Hotel in Tuscany                                   |
| <b>Wednesday<br/>June 5</b> | 10:00am | Ride back to Riccione 100-110km                          | No Swim  |  |
|                             | 5:00pm  | No lecture, Free night out                               |  |  |
| <b>Thursday<br/>June 6</b>  | 10:00am | CIPPO. Pantini Climb. Boletus Mushroom Tour 105km, 2600m | 8:00am Swim<br>Meet 7:30am in Lobby                | 2 / 3pm: Run 4km post Bike                                   |
|                             | 7:00pm  |  |  | Open evening   |
| <b>Friday<br/>June 7</b>    | 10:00am | 55 km. San Marino Tour. 750m                             | No Swim  |  |
|                             | 3:00pm  | Bike Packing   |  | Optional Group night out or dine in-house<br><br>End of Camp |
| <b>Saturday<br/>June 8</b>  |         | Departure Day. No rides                                  |  |  |



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#### **Arrival and Departures**

##### Arrivals:

The Perla Hotel will arrange for a pick-up from the Bologna airport on June 1st. This is included in your camp fee. Arrivals before June 1st will incur a room fee of €100 Euro per night.

##### Departures:

You will also have a ride back to the airport scheduled June 8<sup>th</sup>. We can arrange the departure time(s) once in Riccione.

**\*Please notify Cory of your flight itineraries so we can inform the Perla Hotel**

#### **Head Coach**

Cory Fagan: [cory@tcrsportlab.com](mailto:cory@tcrsportlab.com)

403-708-8672

#### **Hotel Perla Cycling / Supporting Guides**

Ernesto (hotel owner). Alessia - coordinator

#### **Accommodations: Hotel Perla**

**Address:** D'Annunzio,, Viale Gabriele D'Annunzio, 77, 47838 Riccione RN, Italy

**Phone:** +39 0541 647724

W: [Perlahotel.com](http://Perlahotel.com)

E: [info@perlahotel.com](mailto:info@perlahotel.com)

## **Extra Camp Information**

### **Travel Insurance and Emergency Contact List:**

Be sure to check that your travel / medical insurance is up to date. We will ask that you provide Cory with your Emergency contact information and flight itinerary.

### **Group Size**

There will be two Riding Groups of 4-6 riders in each group. Each group will have a Head Guide/Coach. Prior to the first ride, we will go over group ride etiquette and safety.

### **Vehicle Support**

Riders should prepare to ride self-supported with an extra tube, money, multi-tool and/or tire patch kit. See checklist below. We will stop at specific locations for food and hydration on each ride. We will have a support vehicle provided by the Perla Hotel for the ride to Tuscany, but not for the local rides around Riccione.

### **Ride Clothing Extras**

Pack arm-warmers, leg warmers and a wind-vest or wind-jacket. These items can be easily taken off and carried in your jersey.

### **Bike Adjustments and Small Repairs**

We will have good selection of bike-mechanic tools and a full-size bike pump. After each ride, we can look at your bike and make repairs as necessary. Tune-ups or major repairs should be done prior to camp. Come to the camp with your bike in good working condition and relatively new tires.

### **Teknobike Bike Store, Riccione**

Teknobike is 4km away from Hotel Perla. Wilier and Colnago Carbon Road bike rentals are available at €25-30/day or €140-170 / week. 1 Euro = 1.5 CAD. We will forward your bike fit dimensions (X-Y's, Stack n Reach, Frame size) to the Perla Hotel who will reserve the bike for you. Bring your shoes, pedals and saddle.



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#### **Food and Meals**

The Perla Hotel will be providing the breakfast, bag lunch and Supper. The Breakfast and Dinner are Buffet Style and wine is included! Swimmers will eat after their AM Swim.

#### **In-Ride Food:**

Come prepared with your own snacks, salt tabs, gels, bars, jerky, electrolyte drink. We will have some product (bars, gels, salt pills) but bring your own specific products if they work well for you.

#### **Gear Check List:**

##### **Your Saddle bag:**

Multi-tool, tire levers, 1 tube with proper-length valve, CO2 Gun or Mini Bike Pump, Wearable ID such as: [ROAD ID](#)

##### **Extras in your room:**

1 Spare Tire, 3 tubes, chain lube, Camera, chargers, Chamois cream, Sunscreen, Travel or Grid Roller, Hat or Visor

##### **Cycling clothing (both warm and cool weather gear):**

2-3 Bike shorts, 2-3 jerseys, wind jacket, leg & arm warmers, vest  
Gloves, 2-3 socks, sunglasses, 2 water bottles.

##### **Swim / Run / Beach Clothing**

Riccione has a great outdoor 50m Pool Facility that we will access for the Triathletes 1.0 km from the hotel. The long Beach is across the street. Bring your run gear if you are in the Triathlon Camp.