



Okanagan Cycling Camp May 2-6, 2019

Day	Start time *	Route / Distance(s) / Info
Thursday	6:00pm	25km: Naramata out and back (optional short recovery ride post travel)
Friday	9:00am	Group meeting (lobby of motel). Review of itinerary
	10:00-11:30am	Bikes skills on grass and parking lot
	1:00pm	50 km: KOM/QOM! Giants Head, Hill climbing / cornering / descending techniques.
Saturday	10:00am	80km. OK falls, See Ya Later Ranch, White lake road. The Wall!
	6:00pm	Group pot-luck BBQ dinner at Riverside Motel. Sign-up sheet will be posted.
Sunday	10:00am	95 or 130km. Green Mountain Road, Yellow Lake, Green Lake Road, Willowbrook to Oliver. 95km skips Oliver.
	6:00pm	Group Dinner at Salty's Beachhouse on Lakeshore Dr (walking distance). Included in camp fee.
Monday	9:00am	Check-out, Penticton – Naramata/Chute Lake Road 30km with shorter options. Camp ends at 12pm (check-out time).

\* Please arrive 10 min prior to start-time for debriefing. Riverside Motel parking lot.

## Coaches (Add these numbers to your phone)

Cory Fagan: <a href="mailto:cory@tcrsportlab.com">cory@tcrsportlab.com</a> 403-708-8672 John Churchill 403-589-3374	Jill Sagan: <a href="mailto:jill@tcrsportlab.com">jill@tcrsportlab.com</a> 403-650-5174 Rob Micklethwaite 403-860-7801
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## Bike Transport to Penticton

For those flying to Penticton, we will transport a limited number of bikes with our vehicles. This is a free service provided for you, but we are **NOT responsible for any damage** (i.e. scratches) that may occur to your bike during transport.

\*Please let us know ASAP if you want us to transport your bike. Bikes must be delivered by **April 30, latest Wednesday May 1<sup>st</sup>**. Take off computers and anything not secure on your bike.

## Group Size

There will be 3 Riding Groups of 5-7 riders in each group. Each group will have a Head Guide/Coach or a supporting guide. The coaches will have each group ride together. No one will ride solo.

## Accommodations

**The Riverside Motel.** 110 Riverside Drive, Penticton, BC V2A 5Y4, 1-250-492-2615

## Vehicle Support

There will be a TCR vehicle following the rides on Saturday and Sunday. HOWEVER, riders should prepare to ride self-supported with an extra tube, multi-tool and/or tire patch kit. See checklist below.

\*We will stop at specific locations for food and hydration on each ride.

## 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.



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

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

### **Bike Barn in Penticton: Open Tues-Sat from 9am-5.30pm.**

300 Westminster Ave West, Penticton, BC. Phone: 250 492 4140

### **Food and Meals**

A closing dinner is included in your camp fee. Prepare your own breakfasts and post ride meals. There is an organic grocery store, bakery, Tim Horton's, Starbucks all within 2 blocks or walking distance. Bring snacks, cash and food with you on the rides. Most people head out to the local restaurants for supper.

**\*In- Ride Food:** Come prepared with snacks, salt tabs, gels, bars, jerky, electrolyte drink

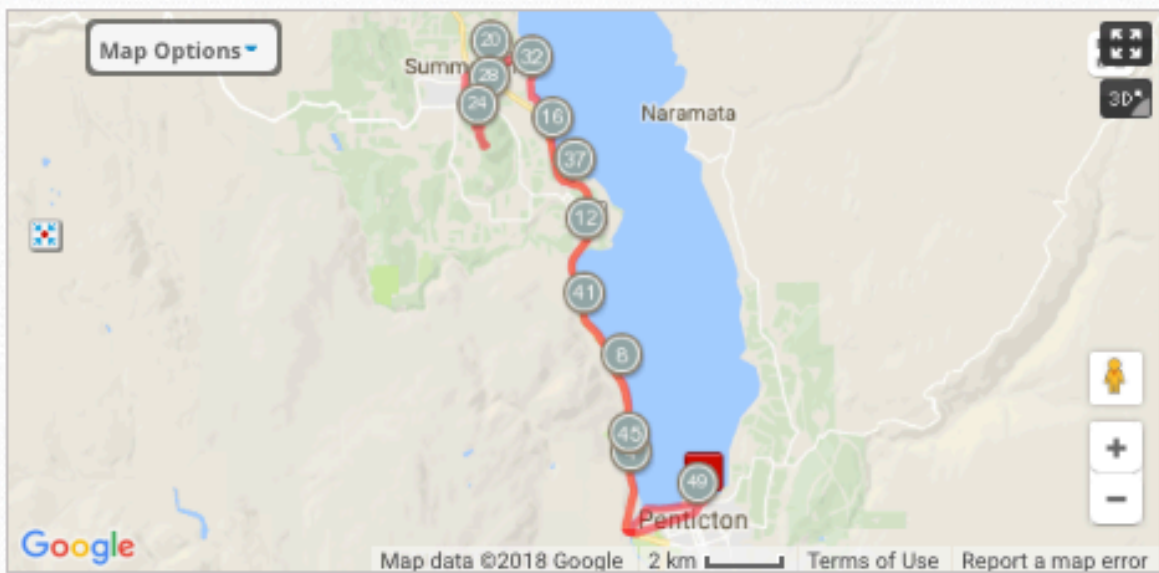
### **Gear Check-list**

1. **Travel Insurance**
2. **Your Saddle bag:** Multi-tool, tire levers, 1 tube with proper-length valve, CO2 Gun/ Bike Pump
3. **Ride ID and Emergency contact**
4. **Extras in your room:** Spare Tire, 2 tubes, chain lube, Camera, chargers, Chamois cream
5. **Cycling clothing (both warm and cool weather gear):**
  - 2-3 Bike shorts, jerseys, wind jacket, rain jacket, leg & arm warmers, vest
  - Toe covers (optional), gloves, cycling toque/cap, socks, sunglasses, 2 water bottles

### **Swim / Run Clothing**

Penticton has a beautiful 9 lane pool that has AM swim times. Many camp participants also run after their cycling. Bring swim and run gear if you would like to add these activities.

# GIANTS HEAD



## CLIMB DETAILS

[Learn About Climb Ratings](#)

[Download Data](#)

Rating	Start/End Points	Length	Start/End Elevation	Avg Grade
	18.27 km/25.39 km	7.13 km	343 m/767 m	6.0%



## Okanagan Cycling Camp May 2-6, 2019

### PENTICTON TO "THE WALL"

DISTANCE  
**79.61**  
kilometers

CLIMB  
949 m

**BEGINS IN:** Penticton, O2, Canada

AVAIL. POINTS

**0** ?

**CREATED BY:** [Cory Fagan](#)

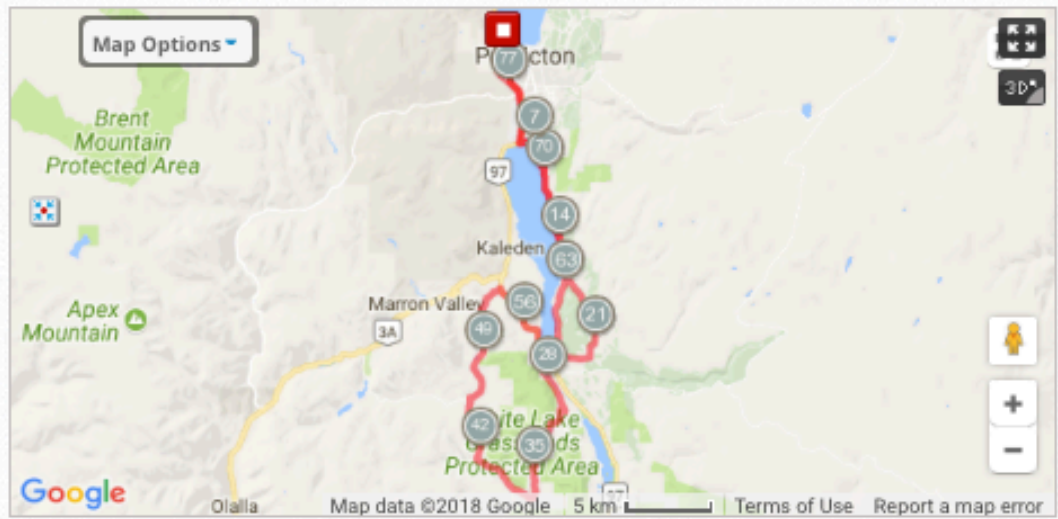
**DESCRIPTION:** This is a 79.61 km route in Penticton, O2, Canada. The route has a total ascent of 949.07 m and has a maximum elevation of 607.41 m. This route was created by [Cory31515253](#) on 26/04/2018. [View other maps](#) that Cory31515253 has done or [find similar maps](#).

**TYPE:** Bike Ride

ROUTE PRIVACY: [FRIENDS](#)

SHARE: [Twitter](#) [Facebook](#) [Email](#)

- ACTIONS**
- PRINT
- SEND TO PHONE
- ★ BOOKMARK
- EDIT

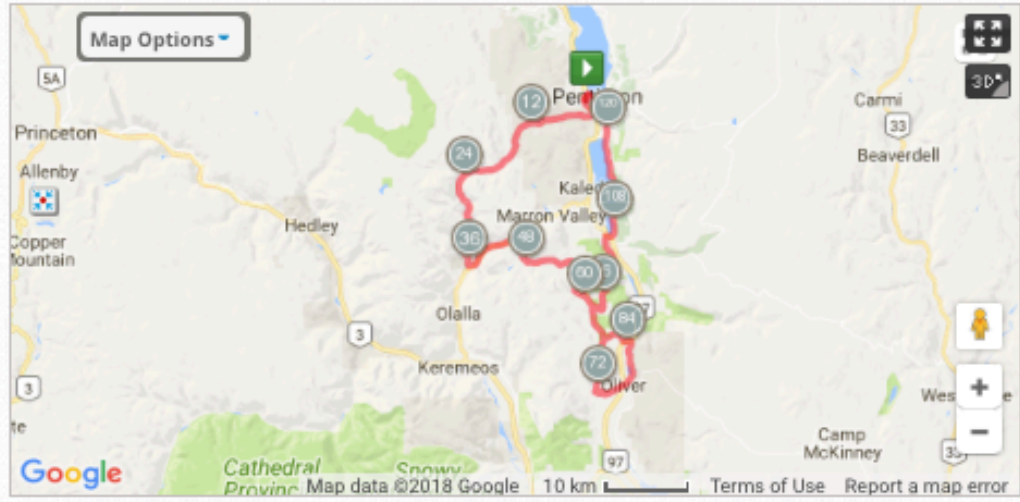


# GREEN MOUNTAIN ROAD TO OLIVER – Option 1

<b>DISTANCE</b> <b>129.38</b> kilometers	<b>BEGINS IN:</b> Pentlcton, 02, Canada	<b>AVAIL. POINTS</b> <b>0</b> ?
<b>CLIMB</b> 1788 m	<b>CREATED BY:</b> <a href="#">Cory Fagan</a>	
	<b>DESCRIPTION:</b> This is a 129.38 km route in Pentlcton, 02, Canada. The route has a total ascent of 1788.78 m and has a maximum elevation of 936.49 m. This route was created by <a href="#">Cory31515253</a> on 31/03/2018. <a href="#">View other maps</a> that Cory31515253 has done or <a href="#">find similar maps</a> .	
	<b>TYPE:</b> Bike Ride	

ROUTE PRIVACY: [FRIENDS](#)      SHARE: [Twitter](#) [Facebook](#) [Email](#)

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## Green Mountain Road to See Ya Later Ranch - Option 2

**DISTANCE**  
**95.68**  
kilometers

**CLIMB**  
1391 m

**BEGINS IN:**

**CREATED BY:** Cory Fagan

**DESCRIPTION:** This is a 95.68 km route in . The route has a total ascent of 1391.32 m and has a maximum elevation of 935.86 m. This route was created by [Cory31515253](#) on 26/04/2018. [View other maps](#) that Cory31515253 has done or [find similar maps](#).

**TYPE:** Bike Ride

AVAIL. POINTS: **0** ?

ROUTE PRIVACY: [FRIENDS](#) SHARE: [Twitter](#) [Facebook](#) [Email](#)

**ACTIONS** PRINT SEND TO PHONE **★ BOOKMARK** EDIT

**ELEVATION (m)**

Distance (km)	Elevation (m)
0	343
19.14	~700
38.27	~600
57.41	~500
76.55	~400
95.68	~400

START ELEVATION	MAX ELEVATION	GAIN	CLIMBS ON ROUTE
<b>343 M</b>	<b>935 M</b>	<b>1391 M</b>	 1 1