



Okanagan Cycling Camp Sept 17-21, 2020

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
	10:00-11:00am	Bikes skills and group safety on grass and parking lot
	1:00pm	50 km: KOM/QOM! Giants Head, Hill climbing / cornering / descending techniques. Record your Power and/or HR
Saturday	10:00am	80km. OK falls, See Ya Later Ranch - The Wall! White lake road return
	6:00pm	Group pot-luck BBQ dinner at Riverside Motel. Sign-up sheet will be posted on coaches' door.
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. Area reserved under "Cory"
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: cory@tcrsportlab.com 403-708-8672 John Churchill 403-589-3374	Jill Sagan: jill@tcrsportlab.com 403-650-5174
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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, **latest Wednesday Sept 16**. Take off computers and anything not secure on your bike.

Group Size

There will be 3-4 Riding Groups of 5-6 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 & liquor store** 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.

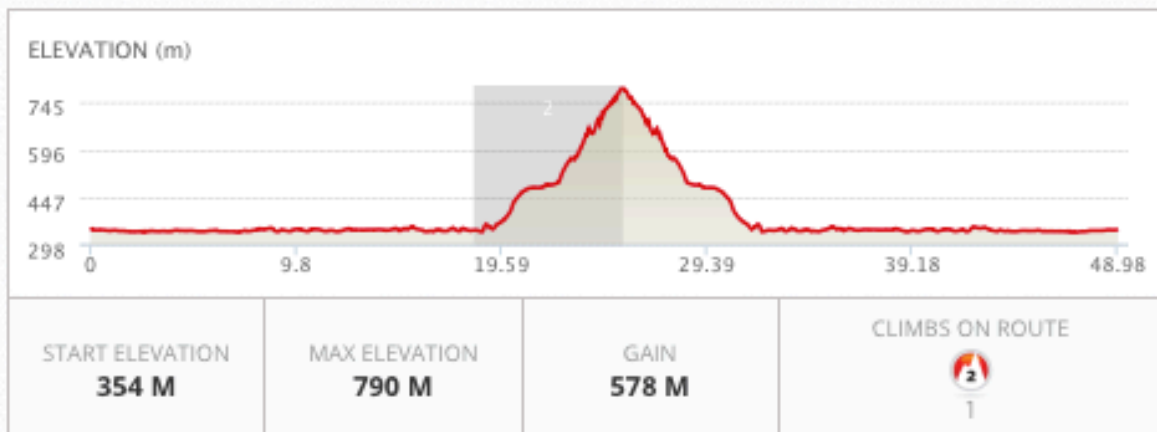
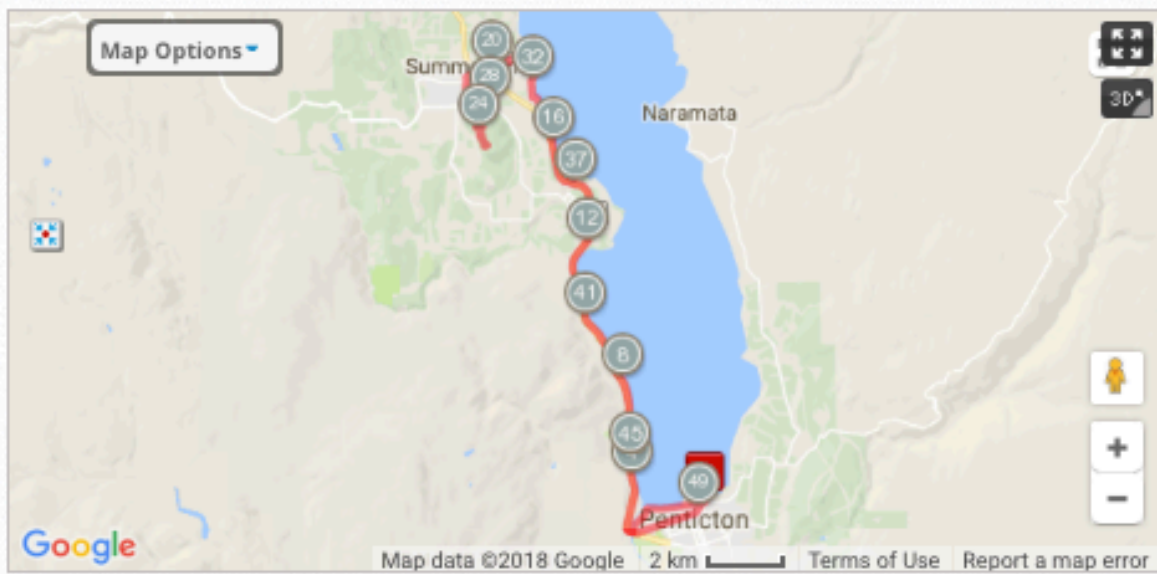
***In- Ride Food:** Come prepared with snacks, salt tabs, gels, bars, jerky, electrolyte drink

Gear Check-list

1. **Your Saddle bag:** Multi-tool, tire levers, 1 tube with proper-length valve, CO2 Gun/ Bike Pump
2. **Ride ID and Emergency contact**
3. **Extras in your room:** Spare Tire, 2 tubes, chain lube, Camera, chargers, Chamois cream
4. **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
5. **Travel Insurance**
6. **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%



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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](#)

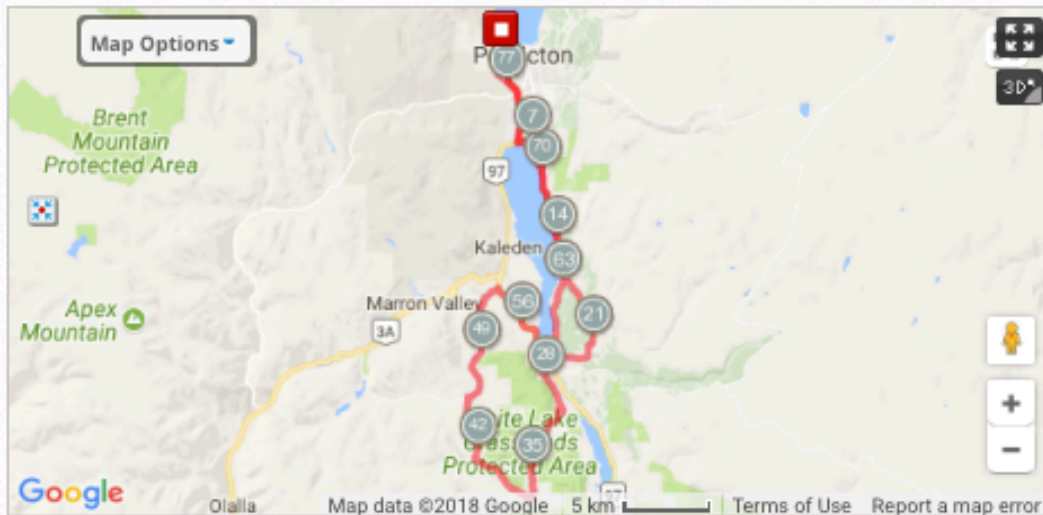
ACTIONS

PRINT

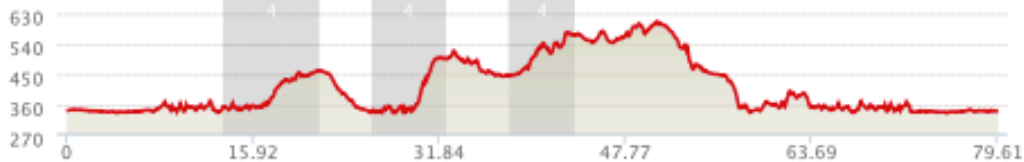
SEND TO PHONE

★ BOOKMARK

EDIT



ELEVATION (m)



START ELEVATION
342 M

MAX ELEVATION
607 M

GAIN
949 M

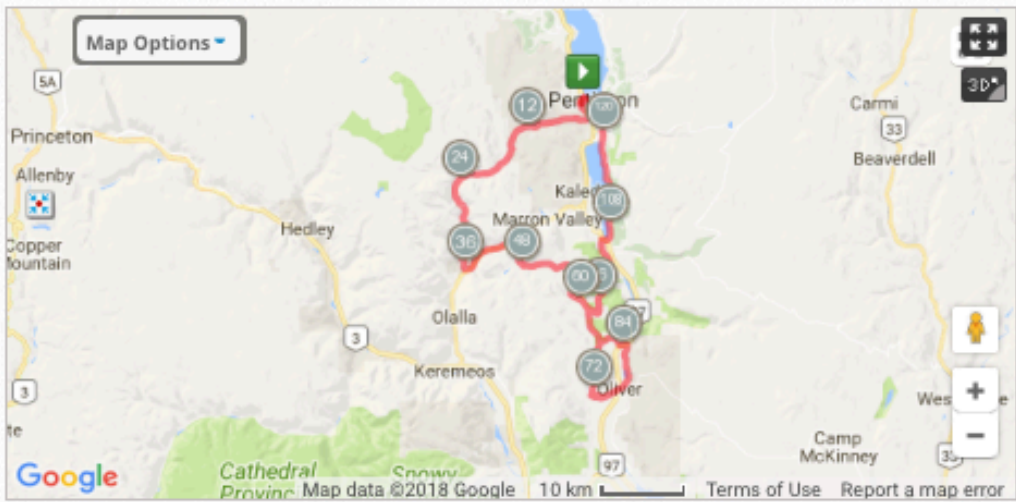
CLIMBS ON ROUTE



GREEN MOUNTAIN ROAD TO OLIVER – Option 1

DISTANCE 129.38 kilometers	BEGINS IN: Penticton, OZ, Canada	AVAIL. POINTS 0 ?
CLIMB 1788 m	CREATED BY: Cory Fagan	
DESCRIPTION: This is a 129.38 km route in Penticton, OZ, 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 Cory31515253 on 31/03/2018. 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**



START ELEVATION 343 M	MAX ELEVATION 936 M	GAIN 1788 M	CLIMBS ON ROUTE 1 1 1
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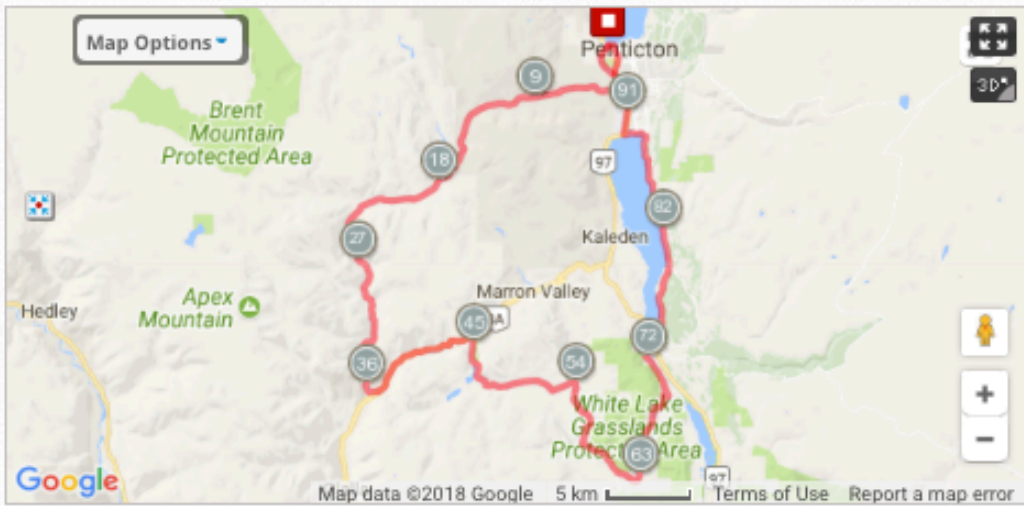
Green Mountain Road to See Ya Later Ranch - Option 2

DISTANCE 95.68 kilometers	BEGINS IN:	AVAIL. POINTS 0 ?
CLIMB 1391 m	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	

ROUTE PRIVACY: FRIENDS

SHARE:

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



START ELEVATION 343 M	MAX ELEVATION 935 M	GAIN 1391 M	CLIMBS ON ROUTE 1 1
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