

Western Canada Summer Games Training Camp Schedule

MTB Skill Training Camp:

We're hosting a training/skill building camp the weekend of the first MTB qualification race (May 2-3rd) for the Western Canada Summer Games (WCSG). This would be a great camp for those who do not have much experience on a MTB to brush up on some skills and learn some new ones!

You'll be responsible for accommodation and transportation to the race. We have booked 10 beds and some camp spots at Up the Creek Backpackers in Roberts Creek - Please let me know ASAP if you're interested in this option so we can let go of some beds for groups if needed.

<http://www.upthecreek.ca/>

Here's a rough outline of what to expect over the two-day camp...

Saturday May 2nd

- Race Starts at 10am - you're responsible for getting yourself there!
- After the race we will meet up at the race site and work on some riding skills and then break up into groups to go for a ride.

Sunday May 3rd

- We will have an early start for the day to maximize training time. No specifics on exactly what we're going to be doing yet - but definitely riding bikes.
- We'll be aiming to catch the 4:30pm Ferry from the Coast back to Horseshoe Bay. The plan is to ride all day and finish the ride at the Ferry.