July 1st Kamloops Camp Info Sheet

When: Sunday July 1st
Where: Harper Mountain
Coaches: Evan Guthrie, (Maybe Keith Wilson but he can't confirm until mid-June) Working on a surprise guest rider to have there with us.

Schedule:
10 AM Camp starts
10:30-11:30 Skills session
11:30-12 Snack break
12-2:30 Training ride. Individual TT: 2X~10 min threshold OR a short track race. The goal is to get in 2.5-3 hours of riding time on this day.
3 PM Finish

What to Bring
Sufficient water for a hot Kamloops day (camelback is a great option)
Snacks for on and off the bike plus a recovery meal for the end of the day.
Bike that is in great working order
Spare tube, pump/co2, tire levers, multi-tool
Sunscreen
Weather appropriate riding gear
Wet towel or facecloth to clean up with after
Chain pre-lubed with wax lube for Kamloops conditions.

Please register with Evan Guthrie by June 11th.