



Okanagan Spring Break Road Camp 2019

LOCATION : Kelowna

DATE : March 22-24

This camp is for riders 13 years and older.

This camp is an opportunity for riders to get on the bike and put some kms on. In addition to riding, we will be hearing from some experts on various topics that relate to developing as a rider. We will also be doing some off the bike training-yoga and strength. We will be learning how to do basic maintenance on your machine as well.

Summary of Details

- Based out of Kelowna
- The camp is 3 days of riding-up to 4 hours per day
- 2 rides per day- younger riders (13,14 yrs old) join at lunch for the rest of the day
- Accommodation available for out of town riders
- Capped at 10
- Two coaches

Camp "rules"

- Punctuality is a must - 10 am ride means we roll at 10 am
- Having a machine in working order is a must
- Everyone respects everyone
- Help where you can
- Clean up after yourself
- Safety
- Have fun!

Kelowna details

Historical weather-avg high of 12, [2018](#) [2017](#) [2016](#)

Cycling routes - Various, all based from Kelowna

Schedule-subject to change

	Friday 22	Saturday 23	Sunday 24
08:00		breakfast	breakfast
09:00	group meeting		
10:00	AM ride	AM ride	AM ride
11:00	AM ride	AM ride	AM ride
12	lunch	lunch	lunch
13:00	speaker	speaker	speaker
14:00	afternoon ride	afternoon ride	afternoon ride
15:00	afternoon ride	afternoon ride	afternoon ride
16:00	bike clinic	bike clinic	bike clinic
17:00	yoga/strength	yoga/strength	yoga/strength
18:00	dinner	dinner	group dinner
19:00	group activities	group activities	
20:00	group activities	group activities	Camp concludes

What to bring

- Road bike
- High vis rechargeable led rear light for sure and front as well if you have it
- 3 water bottles
- Pump
- Multi-tool
- Spare tubes
- CO2
- 2 pairs of shorts
- 2 jerseys
- 2 jackets
- Shoe covers
- Gloves
- Helmet
- Cycling cap for under helmet
- 2 pairs cycling socks
- Sunglasses-as well as clear lenses if you have them
- Wash bag
- Cycling shoes
- Foam roller
- Yoga mat
- Fender

Fees*

Target athletes \$50

Invited athletes \$150

Targeted with accommodation \$200

Invited with accommodation \$350

*does not include food

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