

## **Weekend "First Race of the Year" XC Camp: March 16-17**

Desired Objectives/Outcomes:

- Identify early season strengths and areas that may require attention
- Refine pre-race-day and race day prep (mental, physical, equipment)
- Get rid of those "early season jitters"

**RIDERS - Please ensure your bike is in race-ready condition prior to arriving to camp!!!**

Schedule:

### **Saturday March 16**

**12 noon** - Pre ride - Hartland Bike Park - course recon, line selection, tactical planning, race prep

This session will likely be a little longer than a typical pre-ride. As the race is low-priority, we can take more time to inspect the course, spend more time discussing scenarios, working on starts, etc.

**5:00-6:00pm** Group Meeting - Bear Mountain - Coach Adam's house  
course maps, mental prep, pre-race checklists

Riders not staying at Bear Mtn will have the option to connect via ZOOM video call app - please contact me for details if this is new to you. In the meantime, download the Zoom app to your phone.

### **Sunday March 17**

**9:30am** Hartland Bike Park - arrival, plate pickup, warm up

**11:00am-12:00pm** Trek ProCity Island Cup XC

**1:00pm** Post race training ride, endurance pace, tech skills

**3pm(approx)** Post race debrief and performance/gap analysis