

Salty Dog Prep: Salmon Arm

The goal is to practice what a pre-race day consists of. The plan is for Evan to share his experiences with the riders around fuelling, hydration, rest, the different types of opener workouts, goal setting and visualization when leading into a race.

Schedule

When: Saturday May 11th. 10am-12:00pm

Location: [Salty Dog start/finish area](#) where the parking lot is.

Goal: Pre-ride the race course and practice pre-race tactics

Deadline: Please respond with a yes or no to [Evan](#) by Thursday May 9th.

Cost: \$25 to non-targeted Cycling BC athletes

What to bring: Historically weather is nice at this time, but Salmon Arm has been known to see sleet on the Salty Dog race weekend. Prepare for all conditions. Bring quality food and water for after the ride as recovery before the race will be important.

I will have a vehicle with a tool kit, pump, and some extra food/water in case anyone needs it. Looking forward to a fun session!