

## **Chilliwack/Vedder MTB Camp**

**When:** Saturday September 5th - 10AM - 2PM

**Where:** [Vedder Mountain](#)

**What:** Ride, intervals and skills

**Deadline:** Please respond with a YES **or** NO by Tuesday August 25th. Please reply to this email if you will be attending with your full name, age, emergency contact name and number and your parents name(s) and number(s).

**Cost:** \$40 to non-targeted Cycling BC athletes

**What to bring:** Bike in proper working order, food for fueling during and after the ride, a pack if needed to carry food, extra water, a multi tool, pump of some sort and a tube. A rain shell in case we see rain is always a smart option to have.

### **Day schedule:**

10:00 - Arrival, discussion and gearing up at [Vedder Mountain parking lot](#)

10:15 - Depart for ride + interval workout

\*13:00 - Optional return to vehicle for snacks or continue riding if everyone has sufficient food.

14:00 - Parents arrive back for pick ups and departure

There will be extra snacks, water and sunscreen at the coaches vehicle. Riders can leave extra food/water in the coach vehicle that will have a cooler in it.

### **Please remember to bring:**

-Extra water

-Rain jacket

-Ideally a riding pack for water, food and spare parts.

-Food for after and snacking during the ride

-Spare parts for your bike to be self-reliant (tube, pump, multi-tool)

-Sunscreen!

Please feel free to [email](#) me back or call at any time if you have questions. My cell number is: 778-363-0124. If your parents are interested in staying to ride with some of the other parents, please reply to me with their emails and I can start a group email for the parents who are interested in riding together.