



# Holiday Cycling Camp

A' la Carte Format, Thurs thru Mon

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Come celebrate part of your winter holiday break pedaling a bicycle in beautiful Southern California with Roundtrip Cycling (**RtC**). This endurance cycling camp is designed for intermediate to advanced level bike riders who have a solid fitness base, ready to push themselves to the next level. If you're looking for a great way to build towards that cause ride, triathlon, ultra-endurance or mountain bike event, Grand Fondo, L'Etape or prepare for a late-season run at a prestigious national or world title, this bicycle training camp is for you! **Signup today and discover why so many professional bicycle teams choose Southern California as their off-season training destination.**

*Spectacular ride-loops along the foothills, canyons and Pacific Coast of the famed Santa Monica Mountains, led by accomplished cyclist and former World Champion Keith Ketterer. If you ride all 5-days, you will leave this cycling camp with over 20 hours of pure base and endurance fitness, logging 325 miles and over 20,000 feet of elevation. Along the way, you will advance your bike-riding skills with tips, pointers and friendly advice while pedaling.*

## Camp Date & Location

**December 27 through Dec 31, 2012**

Activities start and finish at our host-hotel, the Courtyard by Marriott in Thousand Oaks, California. If you need housing, a block-discount rate is available, see details under the Camp Fee section.

**Camp Fee ~\$400 5-Days or \$89 per-day, plus registration fee & USAC License, a camp requirement**

- ❖ Travel, hotel, meals and incidental expenses are not included in camp fee
- ❖ Booking and payment for required USA Cycling License, travel, hotel, meals, incidentals and camp fee are the responsibility of each camp attendee.
- ❖ Special Camp Discount of \$79.00 a night, based on single-occupancy is available, for a limited time, at our host-hotel, **Courtyard by Marriott**. Use booking code **RCDRCA**.
- ❖ Register for this camp and purchase a current USA Cycling License at **USA Cycling**
- ❖ Once at USA Cycling, you can register to ride all five days by checking the "all 5-days category box", marked \$400 or just one day or any number of days less than the 5-day option, by checking the category box(s), marked \$89 for the ride day/date(s) of your choice.

## Ride Schedule route slips provided daily during the 8:00am meet-up & sign-in

Thur~Day-1	63 miles-4 hours, medium-tempo with 3500-ft elevation, rolling along the foothills through Sherwood Valley, around Westlake, out to Agoura, Calabasas & back.
Fri~Day-2	73 miles-5 hours, easy-tempo with 4700-ft elevation, along Pacific Coast Hwy, over Latigo Canyon, to Mulholland, Rock-Store, Agoura, Westlake and Sherwood Valley.
Sat~Day-3	73 miles-4.5 hours, steady-tempo with 4100-ft elevation, on rolling terrain through Camarillo orchards to Moorpark, Thousand Oaks, Westlake, and Sherwood Valley.
Sun~Day-4	73 miles-5 hours, challenging climbing ride with 5800-ft elevation, ascending and descending several majestic canyons of the Santa Monica Mountains.
Mon~Day-5	45 miles-3 hours, easy recovery with 3000-ft elevation, similar to day one route, return to the hotel by noon to pack, check-out and return home.

**Important Note:** *This camp is “Permitted” through USA Cycling and requires all athlete attendees to hold a current USA Cycling License and sign a USA Cycling release waiver. You will not be allowed to attend or participate in this Camp without meeting these requirements in advance. You will also be required to sign a Roundtrip Cycling participation release waiver as well.*

## Registration in 3-Easy Steps

- 1) To enroll in our camp:
  - a) Go to [USA Cycling](#), find the RTC Holiday Camp and register.
  - b) If you don't have a current USA Cycling license, you will need to purchase one. Choose an annual license or a one-day or multi-day option that covers the number of days you plan to ride during this camp.
  - c) Sign the electronic USA Cycling waiver, and you are enrolled!
  - d) Print your **USA Cycling Authorization to Ride Receipt** and bring it with you to camp.
- 2) Booking your room at our host-hotel is easy:
  - a) Go to [Courtyard by Marriott](#), find the reservation section, scroll to group code on the left (you may need to expand Special Rates and Awards) type in **RCDRCDA** (for single king bed). Most important, select the arrival & departure date before entering. If the dates you select do not fall within the camp dates, the code will not pick up the special discount rate. **Rate good for a limited time.**
  - b) If you make your reservation by phone, be sure to let the person know your arrival/departure dates and code **RCDRCDA** for the Roundtrip Cycling Camp.
- 3) If airline service is needed, please be sure to arrange, book and purchase your flight and ground transfer. [Los Angeles International Airport](#) is the largest airport in the region, serving most airlines. If flying with a bike, arrange your bike transportation when booking your flight. And finally, arrange your round-trip, ground transportation from arriving airport to host hotel.

## Camp Requirements

Bicycle Helmet: Riding your bike without a bicycle helmet is not permitted during our camps and clinics. If you are on your bike and in attendance at one of our camps or clinics, you must wear a properly fitted bicycle helmet.

Acceptable Bicycle Setup: For the safety of all of the athlete attendees and ride-leaders, time trial bikes and aero bars will not be permitted during this camp. Your bike must be equipped with standard road drop-bars and shift-brake levers. If you have any questions or concerns about your bike setup, please contact [kk@roundtripcycling.com](mailto:kk@roundtripcycling.com).

USA Cycling License: Our Camps are permitted through USA Cycling and require all athlete attendees to hold a current USA Cycling License and sign a USA Cycling waiver before riding at any of our camps. If you do not have a current USA Cycling License or are not interested in an annual license, USA Cycling offers a one-day license option that will cover the length of the camp. You will be prompted to apply for your license during your registration process at [USA Cycling](#).

**Be sure to pack and bring to camp, your current USA Cycling License or a copy of your USA Cycling “Authorization to Ride Receipt”**

## Recommendations

Bicycle Maintenance & Gearing: We recommend that your bike be in tip-top mechanical condition when you arrive at our camp.

- Invest in a complete bike tune-up.
- Check your chain, cables and brake pads for excessive wear and replace if needed.
- Install fresh tires and inner-tubes and inspect your wheels before you arrive.
- We suggest you avoid tubular-style tires and wheels, clincher-style wheels and tires are preferred.
- We also recommend a minimum gearing of 39-27 in order to successfully complete the steepest climbing sections found on several of our ride-loops.
- Gearing on your bike should be sufficient for you to climb gradients of 4 to 8%, maintaining a 70 to 80 pedal cadence while riding at a moderate intensity.

Health Insurance: We strongly recommend you carry some form of personal health insurance during attendance at our camps and clinics. If you're currently without health insurance, you should seriously consider purchasing some level of travel insurance. Look for an "Active Travel" or "Comprehensive" policy that includes health insurance and emergency medical.

In addition, certain travel insurance policies cover issues your current health insurance provider may not cover including travel and housing expense, lost luggage, and other related financial losses should the camp be canceled, or emergency evacuation and medical treatment should you be injured. Check out these sites for options: [Travel Insurance Review](#), [Travel Mate](#) or [Insure My Trip](#).

### **Bike Shipping or Bike Rental Options Available**

If flying with your bike is too pricy or just a hassle, we offer a shipping option through our local Newbury Park Bike Shop. Simply box-up and ship your bike to this bike shop, they receive it, unbox it, assemble it and have your bike ready to ride when you arrive. At the conclusion of camp, simply drop your bike off at this shop and they will re-box and ship your bike back to you.

You can also rent a premium, high-end, 2013 race bike that includes a custom-fitting session. One flat-rate for an entire week of training and all you do is arrive on-time for your custom-fitting session and drop the bike off at the shop at the conclusion of camp. To reserve a rental bike or request additional information on shipping your bike, e-mail: [kk@roundtripcycling.com](mailto:kk@roundtripcycling.com).