

# ENDURANCE TRAINING SERIES

Permit# 2013-3782



## Ride Start Time: 9:00 a.m.

Rides start promptly and finish at Pleasant Valley Crestview Park/Nancy Bush Park, 1150 Bradford Ave., Camarillo, CA, (Los Posas Road and Crestview) just blocks off the 101 Ventura Fwy. Click [here](#)

## Route/Course

This 68 mile, no-drop group road-ride featuring just over 3000-ft of climbing, is ideal for "long-steady-distance", off-season endurance training with designated re-groups at various points along the ride. The route is an out-N-back with miles of flats, and rollers starting in Camarillo, rolling through Saticoy, Ventura, Ojai and back to Camarillo.

## Support

Full rolling sag support including spare tubes & tires for minor repairs, water, **Cytomax** energy powder, bars and gels and designated group-stops for nature breaks/refueling.

## Registration Process

- \$275 for all 4-dates if purchased by Nov. 9, 2013
- On the USA Cycling [website](#), "pick a date(s)"
- Must have a USA Cycling license
- 1-day license can be purchased at time of registration; USA Cycling website will prompt if not currently licensed
- You will be required to sign waivers during session sign-in process
- You are required to wear a helmet at all times during the ride or anytime you are on your bike
- Sorry no refunds
- Ride rain or shine
- \*Cash Only for on-site, day-of registration

## Pro-Style Training Rides

Exclusive and private-group training sessions led by World Champion, Keith Ketterer, limited to 15 intermediate to advanced level road-riders, ridden as a moderately paced, no-drop group ride, on a fun and challenging ride-route in Ventura County, CA.

## Fitness Benefits

Train like a Pro, build a solid aerobic base for 2014 and use this 6-week training block to lose some unwanted holiday/winter weight, increase your endurance, fine-tune your pedal-stroke and cadence, sharpen your pace-line/pack-riding skills, improve your climbing skills and measure your fitness progress by-weekly on the same route. Get tips and talk "shop" as you ride along with KK.

## Dates & Cost – Four Dates

*Saturday, November 9 & November 23, 2013*

*Saturday, December 7 & December 21, 2013*

<i>Ride Dates</i>	<i>Before</i>	<i>Late</i>	<i>On-Site*</i>
Saturday Nov. 9	Nov. 6	Nov. 7	Nov. 9
Saturday Nov. 23	Nov. 20	Nov. 21	Nov. 23
Saturday Dec. 7	Dec. 4	Dec. 5	Dec. 7
Saturday Dec. 21	Dec. 18	Dec. 19	Dec. 21
<b>Ride Price</b>	<b>\$75.00</b>	<b>\$85.00</b>	<b>\$95.00</b>



**Keith Ketterer – "KK"**

USA Cycling Certified Coach  
3-Time UCI World Champion & World Record Holder  
5-Time USA National Champion & 2-Time National Record Holder

For further information, contact [kk@roundtripcycling.com](mailto:kk@roundtripcycling.com) / Check out our website at [www.roundtripcycling.com](http://www.roundtripcycling.com), and on Facebook at <https://www.facebook.com/RoundtripCycling>