

GET FASTER this Fall at

[Plan2Peak and Endurocoachs' Wind Tunnel/Aerodynamic Training Camp](#)

Aerodynamics plays a **major role** in the outcome in Time Trialing, Duathlons and Triathlons. While proper bike fit remains paramount to a rider's success. Recently, the most advanced tools in the world have not only become available to amateur athletes but they have become affordable. This camp is absolutely essential to any serious competitive athlete. When you consider that a trip to this camp will cost you far less than a good set of aero race wheels and more than likely will net you greater speed gains, **Can you afford to miss it?**



Plan2Peak Coach Peter Cummings is collaborating with **Endurocoach** Coach Greg Choat to bring you this Wind Tunnel/Aerodynamic Training Camp. Coach Cummings will be sharing with you the time trial training and racing secrets of National Time Trial Champions as well as World Class Triathletes. You will be in both classroom and on the bike sessions. Coach Greg Choat will be using the Retül 3-D motion capture fitting system to optimize your bike fit. You will also spend time the **A2 wind tunnel** (Charlotte, NC) with Coach Peter Cummings refining your aerodynamics and gaining speed. **The total cost of camp (not including travel, meals or hotel) is \$1099.**

Retül is a state-of-the-art 3-D motion capture system designed specifically for collecting the most accurate and realistic data for bike fit specialists. Retül allows us to capture 100% objective data in a dynamic state and evaluate multiple viewpoints (3-D) simultaneously while the rider is pedaling. By gathering sub-millimeter accurate data from the key eight (8) anatomical points in your riding position, Coach Choat will be able to profile your existing (before) and ideal (after) angles while taking into account your custom needs. Combining the use of this highly advanced tool and technology, Coach Choat's proven history of bike fitting and the invaluable data Coach Cummings receives from the wind tunnel analysis you will leave this camp in your most aerodynamic **and** functionally powerful position possible. What many people do not consider is that every rider has unique biomechanics and therefore there are no generalizations that apply when truly fitting a rider to a bike or when considering the most aerodynamic position.



In other words, you will be utilizing the same approach of combining Retül dynamic 3D fitting and wind tunnel data that has been used by world class athletes like cyclists on the Garmin/ Slipstream team and triathlete's Sam McGowan & Craig Alexander. Want to read more? Check out this article on [Leveraging Technology](#) by Coach Cummings in the Plan2Peak web site resource section. Also recommended to read is [Don't Leave valuable time on the course](#) and [More from the Wind Tunnel](#)

Dates for this camp are October 22th through October 28th. Ala Carte pricing for Wind Tunnel and Retül fitting are available as well as additional wind tunnel time. Space is VERY limited. Athletes will spend 2 hours with the Retül fitting and 90 minutes in the tunnel. You must plan on attending camp for 2 days but are encouraged and welcome to stay and ride longer. Time slots will be filled for the 22nd, 23rd and 24th before the dates of 27th and 28th will be made available. Contact Coach's Cummings or Choat at Peter@plan2peak.com and Greg@endurocoach.com with questions and to schedule reserve your slot.