

Plan2Peak 2010 Winter Training Camp

Finalize Your 2010 Season Preparation

Join coach Peter Cummings and Plan2Peak for our 10th annual Winter Training Camp in the desert southwest. This camp is designed to put the final big miles of your Base Conditioning in and/or start your race preparation on the road rather than your trainer. Athletes will be putting in back to back to back challenging days of 50+ miles. For those athletes interested, Plan2Peak is offering, for the first time many other services and physiological testing from Ramp tests, FTP tests, LT testing, Power Profiling and more. Also available to athletes, Retul 3D Motion Capture fittings by EnduroCoach, Greg Choat. Any of these tests and services can be added to customize your camp to optimize your experience. Talk to Coach Cummings about the options.

During camp you and your team will stay in a beautiful 5 bedroom, 3 bath private home with pool, hot tub, 2 big screen TV's and pool table. You will find the weather in the desert to be great for riding. Average highs are in the mid 60's, evening lows are in the low 40's and the skies are partly to mostly sunny each day. Average monthly rain fall is slightly more than one HALF AN INCH.

Epic Desert Rides

Lake Mead National Preservation Area: This area, about 1 hour east of Las Vegas is a very scenic location. These are the same roads used for the Las Vegas Triathlon, the Silverman Tri and the Calville Bay Stage Race. The roads are in excellent condition with larger shoulders. Traffic is never an issue. Terrain is made up of slight rolling hills and flats with a few short challenging sections.

Valley of Fire State Park: This is Nevada's oldest and possibly the most beautiful state park. It is just north of Lake Mead and attaches to the Lake Mead National Conservation Area. Athletes from years past feel this is the most scenic and the most challenging ride of all the rides we do. The picture to the left was taken there.

Death Valley National Park: Just short of a 2 hour ride from the house this National Park will have you riding through terrain unlike any place you will see. The roads are mostly flat to rolling but for those looking for a challenge can take a crack at climbing up to Dante's Peak (5000 feet above the valley floor).

Red Rock Canyon National Conservation Area: This 50 mile loop starts at our front door and goes up to 4800 feet above sea level. The Red Rock Canyon Loop is one of the most ridden loops in the SW. For those looking for a challenge there is a 15 mile extension that includes a mountain pass. And More ...

The fee for camp, lodging, on road snacks, sports drinks, breakfast, airport shuttle, sag to and from rides, gas, tolls, park fees and assistance with mechanical work is **\$999. Special Alumni Pricing until December 1st, 2009 is just \$899. Single occupancy is limited add \$100.** All Plan2Peak Coached athletes should check website "Coaching Plans" for your discounts.

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Typical Daily Schedule and Frequently Asked Questions

Time	Typical Day
7-9am	Breakfast—Self serve or wait until the coach gets up. Discussion of today's ride.
9-10am	Drive to Ride Start
10am-3pm	Group Ride: Note - Testing and Bike fits for individuals will be completed at this time as well. After testing athletes will be given maps of short course they can ride from testing/fitting studio and then back to Camp.
3-4pm	Recovery Nutrition and Drive Home
4-6pm	Recover in Pool, Hot tub and time to review ride files and discussion with the Coach.
6pm	Dinner: Food can be purchased at local grocery and/or team dinners can be arranged.
Night	Discussion about next days ride. Q&A session, recovery and evening activities downtown for those interested.

Q: Can I ship my bike to Camp so I don't have to take it on the plane?

A: Yes. As long as you are not one of the riders coming to the first week of camp you can ship it directly to camp. For those coming to the first week of camp an alternative address will be provided

Q: Do I have to rent my own car?

A: No. You will be picked up and dropped off at the airport while traveling and you will be driven to and back from rides. Rides will also be arranged for those interested in going grocery shopping. For those interested in dining out or heading downtown rides to your destination can be arranged.

Q: What can I expect weather wise?

A: For the most part athletes will be riding in low 60's to Low 70 degree temps. The sunny is out more than not. For the higher elevations (almost every ride experiences some) you should have arm warmers, leg (knee) warmers and wind vest. Laundry is available at the house so don't over pack your shorts and jerseys. It is better to have a full array of clothing (rain cape, warmer gloves and jersey, head wear) just in case than it is to have 7 pairs of shorts and jerseys. A recommended packing list will be provided upon request.

Q: What is the terrain and roads like?

A: The roads are in pristine condition. There is hardly a pot hole the entire trip. Most of the roads are gentle grades of 2-4%. Most rides contain a short grade in the 6-8% range. And only one ride (Dante's Peak) have grades long enough and steep enough to demand gearing greater than 39x25.

Q: What extra costs should I expect?

A: Dinners are not included. You can eat in every night (prepare your own in the gourmet kitchen) or you can dine out with others from the team. Team dinners in house can also be organized.

Q: Will there be mechanical support?

A: The Coach will have all the tools necessary to work on 90% of your issues. While rides are not sagged, mechanically work will be able to be done once back at camp. Athletes should show up with bikes in good working order and pack any "proprietary" parts for bikes and wheels they might need. There is also two good bike shops in town for other repair needs.

Q: What are the accommodations like?

A: As a previous athlete exclaimed, "This place is like a palace." There is single and double occupancy. Those requesting **single occupancy add \$100/week**. Single occupancy is very limited.

Please contact Peter Cummings if you have further questions at 716-982-8061 or at Peter@Plan2Peak.com

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This camp has it all, from epic, beautiful, challenging rides to push, comfortable, private accommodations. The rides will be some of the most beautiful miles you will ever ride. Past campers recently were quoted saying "Those rides we did with you at camp were the best I have ever done. I am coming back."

The Camp House is large enough to feel private for everyone. There are 3 large sitting areas, 2 have large screen televisions. There are 2 fireplaces, 3 full bathrooms, 5 bedrooms, a huge galley kitchen and the backyard is landscape with in ground pool and hot tub. We have access to the large gas grill for late lunches and dinners.

The pool table and foosball are available for those times you still have energy to burn.

There is a laundry room so no need to over pack. You can throw a load in at any time since it is away from rooms.

We also have a formal dining room for dinners and meetings.

The Plan2Peak van will be in Vegas this year and is equipped with tools, work stand and will provide the transportation to and from rides.

Show up ready to ride and all your other needs will be addressed.

