

Mountain bikers of all skill levels are welcome. Ride sessions will be based on skill level. The camp will also include education sessions on topics important to mountain bikers, including: bike maintenance, environmental and trail ethics, trail design/construction/maintenance, nutrition, and yoga.

Students will stay at Hynd's Lodge or camp at Curt Gowdy State Park. Ride sessions will be on the IMBA Epic Trails at Curt Gowdy State Park. Food will be provided for the entire camp. There will be a minimum of one adult leader per five students. Parents are welcome to camp at the state park and join education sessions. Optional evening activities will include: campfire, star gazing, evening hikes, and mountain bike movies.



Geared toward helping students of all ability levels gain confidence and skill on a mountain bike.

Increase your enjoyment of mountain biking while making new friends and fostering an appreciation of cycling as a lifelong activity.



SPONSORS



CURT GOWDY STATE PARK
JUNE 12-16, 2017

DATES:

June 12-16, 2017

COST:

Registration fee is \$300. Scholarships are available for those students in financial need. The camp is being run through volunteers and sponsorships to keep the costs low.

AGE GROUP:

Students entering grades 7-12 during the 2017-18 school year.

FOOD:

Food will be provided. Please let us know ahead of time if you have any dietary restrictions.

WHAT TO BRING:

Basics - Bike, helmet, appropriate mountain biking attire, casual clothing, towel, swimsuit, and a great attitude. For a more extensive list of what to bring refer to the list posted on the sponsor websites.

RULES:

The Colorado High School Cycling League and NICA rules will be used as a basis for the camp rules. Rules will be posted and enforced.

REGISTRATION:

The registration link will be posted at <http://laramieenduro.org>. The link will be activated on February 17th. You will be required to complete the on-line registration and make the payment to complete the registration. Contact Rich Vincent or Todd Thibodeau to make alternate arrangements: 307-760-1917 or enduro.rv@gmail.com.

CONTACT:

For additional information contact Rich Vincent, 307-760-1917, Todd Thibodeau, 307-214-5687, or e-mail us at enduro.rv@gmail.com

SCHEDULE (TENTATIVE):

Monday, June 12

12 – 1 PM - Sign in and orientation
1 – 2 PM - Bike/equipment inspection
2 – 4 PM - Check ride and organize students into groups based on skill level
4 – 5 PM - Debrief
5 – 10 PM - Dinner and evening activities

Tuesday, June 13

7 – 7:30 AM - Yoga
7:30 – 8:30 AM - Breakfast
8:30 – 10 AM - Education or skill session
10 AM – 12 PM - Ride session
12 PM – 1 PM - Lunch
1 – 2 PM - Education session
2 – 4 PM - Ride session
4 – 6 PM - Education session and dinner prep
6 – 10 PM - Dinner and evening activities

Wednesday, June 14

7 – 7:30 AM - Yoga
7:30 – 8:30 AM - Breakfast
8:30 – 10 AM - Education or skill session
10 AM – 12 PM - Ride session
12 PM – 1 PM - Lunch
1 – 4 PM - Ride session
4 – 6 PM - Education session and dinner prep
6 – 10 PM - Dinner and evening activities

Thursday, June 15

7 – 7:30 AM - Yoga
7:30 – 8:30 AM - Breakfast
8:30 – 10 AM - Education or skill session
10 AM – 12 PM - Ride session
12 PM – 1 PM - Lunch
1 – 2 PM - Skill session
2 – 4 PM - Ride session
4 – 6 PM - Education session and dinner prep
6 – 10 PM - Dinner and evening activities

Friday, June 16

7 – 7:30 AM - Yoga
7:30 – 8:30 AM - Breakfast
8:30 – 10 AM - Education session
10 AM – 12 PM - Ride session
12 PM – 1 PM - Lunch
1 – 3 PM - Ride session
3 – 4 PM - Clean lodge
4 – 5 PM - Student pick-up (If you would like to pick up your student before 4 PM you must work this out with Todd and/or Rich ahead of time.)

Education sessions may include riding basics, bike maintenance, nutrition, trail design, etc.

ABOUT THE INSTRUCTORS:

Mr. Vincent is the founder and former president of the Laramie Enduro non-profit organization. He is a NICA certified Head Coach (7220 Racing, Laramie, WY), Colorado HS Cycling League Rules Committee member, and trained as a Double Goal Coach by the Positive Coaching Alliance. He is a founding board member of Cycle Wyoming, former Chair of the WY Governor's Council on Physical Fitness & Sports, and former head coach of the UW Women's Soccer Club and several youth soccer teams.

Mr. Thibodeau is the Planning and Grants Manager for Wyoming State Parks, Historic Sites & Trails. He helped design and develop the IMBA Epic Trail System at Curt Gowdy State Park. He is a NICA certified Head Coach (Cheyenne High School Mountain Bike Team). He is active in the Overland Mountain Bike Club, Diamond Peaks Mountain Bike Patrol and a former IMBA/FOX hero.