



## Carmichael Training Systems – Buellton, CA Endurance Training Camp Presented by PowerTap®

**Date:** Feb 25 – March 2, 2008

**Focus:** Endurance Training Camp

**Location:** Buellton, California

Take a break from winter and come jumpstart your season with us in sunny Buellton, California. Rides carry you through some of the Santa Ynez Valley's finest roads. You will pass through rolling terrain along streams, through vineyards and horse farms. Chris Carmichael looks forward to this camp all year, and will be out on the roads with you. This camp is open to riders of all levels.

Buellton is a small town located in Santa Barbara County, near the Los Padres National Forest and just inland from the coast of the Pacific Ocean. Known as the gateway to Santa Ynez Valley, Buellton is a popular destination for cyclists. Quiet roads and beautiful scenery await the cyclist who is ready to get back out on the bike. Buellton is not only famous for its abundant riding routes, but also its great restaurants, galleries, country inns and exceptional wine tasting rooms.

The weather during February can vary from 50-70 degrees with the occasional spring rain shower. Please come prepared to ride in all weather conditions.

### **Included:**

- Rides and hands-on instruction with Chris Carmichael
- Daily training sessions with Carmichael Training Systems Coaches
- Use of PowerTap 2.4 Wireless Wheel System
- Certified Professional Mechanics from the SRAM Race Support Team
- Complete Ride Support with Power Bar Nutrition and Hydration
- Training Talks with CTS Coaches
- CTS Jersey
- 5 breakfasts, 5 lunches, 5 dinners

### **Cost:**

Non-member, single occupancy-	\$3899.99
Member, single occupancy-	\$3704.99
(5% discount from the non-member, single occupancy price)	

Non-member, double occupancy-	\$3704.99
(5% discount from the non-member, single occupancy price)	
Member, double occupancy-	\$3519.99
(5% discount from the member, single occupancy price)	

Non-Member- King Suite option-	\$4399.99
(\$500 premium from the non-member, single occupancy rate)	
Member, king size option-	\$4204.99
(\$500 premium from member, single occupancy rate)	

## Registration:

A non-refundable \$500.00 deposit is due at time of registration. The remaining balance is due 60 days prior to the camp and will be billed automatically. The credit card information used for your deposit will be billed unless otherwise arranged with the CTS accounting department.

## **Cancellation:**

If you have to cancel for any reason, your deposit will not be refunded. Additional cancellation fees are based on how far in advance we receive your cancellation notice in writing.

### Cancellation Fees:

More than 90 days prior: Deposit only  
61-90 days prior: Cancellation Fee of 50% of original camp price  
31-60 days prior: Cancellation Fee of 75% of original camp price  
0-30 days prior: Cancellation Fee of 100% of original camp price

Carmichael Training Systems reserves the right to cancel a camp. We will do so at least 30 days prior to the beginning of the camp. In this event, you will be issued a full refund. CTS is not responsible for fees associated with planning your trip, such as airfare.

All fees will be applied to the camp for which you are registered. If you have to cancel for any reason, your deposit and all subsequent payments will be applied to the camp for which you have registered and cannot be transferred to an alternate camp.

Exceptions to this policy cannot be made for any reason, including weather or personal emergencies.

### **Arrival/Departure:**

We recommend you arrive by 1pm on February 25<sup>th</sup>, 2008. Bike assembly and camp registration will be from 2pm-5pm on February 25<sup>th</sup>. We will provide transportation to and from the Santa Barbara airport. The conclusion of the camp will be Saturday, March 1<sup>st</sup> after the final dinner and check out is on March 2<sup>nd</sup>.

## **Bike Transport and Assembly:**

If you are shipping your bike, please make sure it arrives at the Santa Ynez Valley Marriott by February 24<sup>th</sup>. We will gladly assemble it and have it waiting for you.

Santa Ynez Valley Marriott  
555 McMurray Road  
Buellton, CA 93427

If you wish to ship your bike, we recommend using Sports Express. They provide door to door pick/up and delivery of your bike. You will need to pack your bike, or have it packed for you, and Sports Express will take care of the rest. Sports Express can be found at [www.sportsexpress.com](http://www.sportsexpress.com).

We will take care of packing your bike before it departs.

## Lodging:

During the camp we will be staying at the Santa Ynez Valley Marriott in Buellton.

Airport:

Santa Barbara Airport (SBA) is the closest airport to Buellton and the Training Camp.

## Things to Bring

### **Items to pack for any of our camps:**

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**Bicycle** Clean, tuned and ready to ride  
Your bike should have a 12-25 or a 12-27 cassette

Helmet	
Jerseys	at least 5 (short and or long sleeve)
Shorts/Bibs	at least 5 pairs
Wind Vest	
Light Jacket	
Baselayer	1 or 2 lightweight
Rain Jacket	
Arm Warmers	
Knee Warmers	
Leg Warmers	
Socks	
Cycling gloves	short finger and long finger
Cycling Shoes/pedals	(carry these with you if traveling by plane)
Eyewear/sunglasses	
Chamois cream	
Small tote or backpack	for anything you wish to keep in support vehicles.
Heart Rate Monitor and/or Power Meter (PowerTap or SRM or other)	
Sunscreen	

**Other items to consider:**

- 12-27 cassette - If you are not accustomed to climbing, are a beginner cyclists or are attending a climbing camp, you might like the option of easier gearing.
- Bottles/mix/food - if you will be arriving in Buellton before a camp begins or remaining afterward, and wish to ride, please bring what food/drink supplies you will need for your riding.

**We will have sport drinks, food, spare tubes/tires, etc in our follow vehicles. Each day we will prepare waterbottles for your bike using Powerbar Endurance, and will provide you with Powerbars and Powerbar Gels for use during the camp.**

**If you have any questions about what to pack or what to look for when purchasing cycling clothing or supplies, please contact us at 866-355-0645.**

**Endurance Camp Schedule**  
**Buellton, CA**  
**February 25-March 2, 2008**

**Monday**

2:00-5:00pm	Registration and bike drop off
6:00-7:00pm	Dinner
7:00-8:00pm	Camp Overview and Introductions

**Tuesday**

7:30-8:30am	Breakfast
9:00am	Ride Departs: Uphill Field Test 2 to 3 hours
12:00-1:00pm	Lunch
2:30pm	Massages Begin
6:00-7:00pm	Dinner
7:00-9:00pm	Detailed Analysis of CTS Field Test results

**Wednesday**

7:30-8:30am	Breakfast
9:00am	Ride Departs: EnduranceMiles with 2-by-2 riding Group A: 3 to 3-1/2 hours Group B: 3-1/2 to 4 hours Group C: 4 to 4-1/2 hours
12:00-1:00pm	Lunch
2:00pm	Massages Begin and Data Recall with Coaches
6:00-7:00pm	Dinner on your own
7:00-8:00pm	Training Talk

**Thursday**

7:30-8:30am	Breakfast
9:00am	Ride Departs: EnduranceMiles Group A: 3 to 3-1/2 hours Group B: 3-1/2 to 4 hours Group C: 4 to 4-1/2 hours
12:00-1:00pm	Lunch
2:30pm	Massages Begin and Data Recall with Coaches
7:00-8:00pm	Dinner
8:00-9:00pm	Training Talk

**Friday**

7:30-8:30am	Breakfast
9:00am	Ride Departs: EnduranceMiles Group A: 2 to 2-1/2 hours Group B: 2-1/2 to 3 hours Group C: 3 to 3-1/2 hours
12:00-1:30pm	Lunch
2:30pm	Massages Begin and Data Recall with Coaches
6:00-7:00pm	Dinner
7:00-8:00pm	Mechanic's Clinic

**Saturday**

6:30-7:30am	Breakfast
8:00am	Ride Departs: <b>The STINGER</b>
1:00-2:30pm	Lunch
2:30pm	Data Recall with Coaches
7:00pm	Final Dinner

**Sunday**

Hotel Checkout and Departure for Airport