

Junior Cyclo-Cross Camp!!!

October 2nd and 3rd

Juniors aged 8-18
ACA Permit #CO-1038

Cyclo-Cross: What is it? Cross, CX, cyclocross, and cyclo-cross all refer to an exciting form of bicycling done on a bike that most resembles a road bike (but MTBs work well too). But, CX season is in the fall to early winter, so the frames and forks are designed to allow for mud and snow clearance. CX courses have a combination of turf, mud, snow, and hard surfaces. Oh ya, and there are also things in the way that make you jump off your bike, carry your bike, run with your bike, and more. Now let's learn how to master this challenge.

Juniors ages 8-18 and ability levels are welcomed at ACA camp. Please bring all overnight supplies that you will need to stay on a gym floor, a sleeping bag and pillow is highly recommended. The mock race on Sunday morning will be a highlight for all kids who will be putting all the skills they learned over the weekend to work!

Ann Trombley, former Olympian, will be the head coach for this years camp! Danny Summerhill, Professional cyclo-cross racer and form cross camp participant, will also be on hand to assist the juniors in learning the ins and outs of cross.

The organic mechanic and Alpha Bicycles will be on hand to teach you everything you need to know about bike maintenance and help with any minor mechanics that occur during the weekend. Please bring tubes to repair any flats that you have over the weekend, unfortunately being in Colorado means dealing with goatheads! We are taking pre-orders for tubes with sealant (\$4 each). Please state the quantity and the size (24 in, 650 C or 700 C).

Location: Alexander Dawson School 10455 Dawson Drive Lafayette, CO 80026-9742. The entrance to the school is half way between lookout road and Isabelle on HWY 287. Turn west on Dawson drive and follow the signs to the gym.

Coach: Ann Trombley

Schedule:

- Friday
 - Check in starting at 6pm
 - Bike/Helmet Check
 - Talk from the coaches about this year camp

- Saturday
 - Morning Run/PlyometricsBreakfast
 - Skills training

- Lunch
- Skills training
- Coaches feedback
- Dinner
- Bump and thump
- Core strength skills
- Tumbling
- Sunday
 - Breakfast
 - Morning course recon
 - Race
 - Snack
 - Parent pickup
 - BBQ

The camp will start at 6pm on Friday and will be done around 2pm on Sunday. We will be having a BBQ after the camp, once you have checked out head on over and grab some BBQ. We will be providing meals to all juniors at the camp, please let us know if you have any dietary restrictions so that we may plan accordingly.

Registration: \$50 for both days or \$35/day. Please make checks out to American Cycling Association. Completed releases should be mailed to 12902 W 24th place, Golden Colorado 80401. ACA membership is required, Information on becoming a new member can be found at www.americancycling.org/juniors! Junior membership is only \$15. Release forms can be found at [http://www.americancycling.org/sites/default/files/Site Files/Documents/Racer/2010 Release.pdf](http://www.americancycling.org/sites/default/files/Site%20Files/Documents/Racer/2010%20Release.pdf).. Registration forms should be post marked by September 24th 2010.

If you have any question please let us know at juniors@americancycling.org We look forward to having you at this years Junior Cyclo Cross Camp.

If you are interested in being a chaperone please let us know!