

ACA Junior Road Camp!!!

June 26th and 27th

Juniors aged 8-18
ACA Permit #CO-1073

Juniors of all ages and ability levels are welcomed at ACA camp. We are excited to have Jon Heidiman as the head coach this year. He and his coaching staff have many great techniques to improve any cyclist skills regardless of ability. The street sprints on Saturday are sure to be a favorite.

Location: American Mountaineering Center 710 10th Street, Golden, CO
Directions: From I-70 Exit HWY 58th westbound. Drive approx. 6 miles and exit Washington ave. Turn Left(South) Washington and proceed ~1 mile to 10th, Building is on the North East Corner of Washington Ave and 10th ave in downtown Golden Colorado

Coach: Jon Heidiman from Peak to Peak Coaching

Schedule:

- Saturday
 - Group Rides
 - Skills training
 - Coaches feedback
 - Street Sprints!!!
- Sunday
 - Skills training
 - Uphill Time Trial

The camp will start at 8am on Saturday and will be done around 4pm. On Sunday we will meet at 9am and finish around 2pm. We will be having a BBQ after the camp, once you have checked out head on over and grab some BBQ.

Registration: \$40 for both days or \$25/day. Please make checks out to American Cycling Association. Completed releases should be mailed to 12902 W 24th Place, Golden Colorado 80401. Mail in registration must be posted by Wednesday June 23rd. If you are not currently an annual ACA member, you may either purchase one(www.americancycling.org/join_now) or buy a one day license for each day.

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