



# Colorado Junior Road Cycling Camp

USAC Event Permit Pending



## BRAC Junior Cycling Road Day Camp

**June 18-19, 2018 Colorado Christian University, Lakewood, CO**



Bicycle Racing Association of Colorado, USA Cycling, and Peak to Peak Training Systems are hosting a junior cycling **day camp** (no overnights) for young men and women, ages 10-18 at the Colorado Christian University in Lakewood, CO, June 18-19, 2018. This day camp (no overnights) will present rides, skills and topics geared for local Colorado based young cyclists with opportunity to learn from coaches & current racers from local clubs, flexibility & strength, goal setting, travel for sport, mechanics, and USA Cycling officials.

Lunch is included in the 2 day **camp fee of \$ 100**. Camp will include riding & handling skills sessions with a focus on groups on multi-use trails & public roads, basic discussion on nutrition, rules for TT, Road Races and Criteriums, strategy and planning, stretching and strength for cyclists, and team building exercises.

### Camp Schedule:

	Begins	Pick-up
Monday, June 18:	8:30 am	4:00-5:00 pm
Tuesday, June 19:	8:30 am	4:00-5:00 pm

- **DO NOT BRING LIGHT WEIGHT RACE WHEELS (NO CARBON RIMS)**
- All riders must be current USA Cycling License holders or purchase 1-day licenses for each day.
- Registration at local races leading up to camp dates and online at <https://peaktotoppeak.trainingiltapp.com/>

### Interested? Have questions? Contact the camp director

Coach Jon Heidemann, Licensed Level 1 USA Cycling coach with over 25 years of experience  
Part-time road director for the USA Cycling 15-16 European Road Camp  
**303-913-3954 or [jon.p2ptrainingsystems@hotmail.com](mailto:jon.p2ptrainingsystems@hotmail.com)**