



Expression of Interest

Project: South Carolina Road Endurance Training Camp

Location : Traveller's Rest, SC or Brevard SC

Price: \$1200-\$1600 cdn (flight, food, lodging)

Date: February 17-26th (9 Days riding)

This project is open to road and mountain bike athletes to help prepare them for the upcoming 2018 cycling season. The camp will provide athletes with an 9 day block of endurance training in moderately warm weather (10c-12c). Athletes will participate in structured training rides, educational workshops and skill development sessions while attending project. This camp is designed for athletes currently on a winter training plan who are looking to strengthen their fitness for the upcoming season. Athletes should be able to complete 80-140k road rides for the duration of the 9 day block. A moderate level of fitness is required.

This project is open to U19 and U23 athletes from Atlantic Canada competing inter-provincially or at the national level. Final cost and budget will be set once rider list is confirmed.

If your interested in being a part of this project please email Jon Burgess (Bicycle Nova Scotia Athlete Development Coordinator) at Jon.Burgess@bicycle.ns.ca before December 28th 2017.

5516 Spring Garden Road, 4th Floor
Halifax, Nova Scotia B3J 1G6
902-425-5454 x316

<http://bicycle.ns.ca/>