



## Expression of Interest

### Project: South Carolina Road Endurance Training Camp

Location : Greenville SC or Athens Georgia

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

Date: February 18-26<sup>th</sup> (9 Days riding)

This project is open to road and mountain bike Canada Games eligible athletes to help them prepare for the upcoming season and Canada Games selection races. The camp will provide athletes with an 9 day block of endurance training in moderately warm weather (10c-12c). Athletes will compete in the Greenville spring training series road races, or attend the Athens Georgia winter bike league weekend training ride while on this project. Structured training rides and educational workshops will be hosted throughout the camp on topics such as prerace routine, race strategy, training/ recovery advice and mental performance. This camp is designed for athletes currently on a winter training plan to help enhances their fitness for the upcoming season, and is not intended for those looking to start their winter/preseason training. Athletes should be able to complete 90-140k rides for the 9 day block.

If your interested in being a part of this project please email Jon Burgess (Athlete Development Coordinator) at [Jon.Burgess@bicycle.ns.ca](mailto:Jon.Burgess@bicycle.ns.ca) before December 15<sup>th</sup> 2016.

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