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CycleFit High Altitude Climbing Camp Itinerary

Saturday, June 18 and Sunday June 19, 2011

Join Shelley Marenka and coaching staff for a fun and informative cycling weekend! This camp is designed for intermediate and advanced cyclists that want to experience high altitude endurance riding on some of the same passes as the Death Ride and Ebbetts Pass Century. You'll have the chance to ride two passes, surrounded by breathtaking views, and you'll learn to be more confident and comfortable climbing in all cycling conditions while our coaches share their expertise on improving your riding technique, climbing and descending skills. Informational clinics/sessions will include hydration & fueling for endurance, core strength and flexibility, and preparation for your successful high altitude century!

Accommodations are available at the Bear Valley Lodge.

Saturday

- 8:30 am Meet at Bear Valley Lodge – Load bikes and equipment; drive to Monitor Pass
- 9:30 am Safety Skills/Climbing Clinic (cadence & gearing)
- 10:00 - 2:00 Coached Training Ride – Monitor Pass; Picnic lunch/Descending Clinic
- 2:30 - 3:30 Return to Bear Valley Lodge
- 3:30 - 5:00 Free Time
- 5:00 - 6:00 Hydration and Fueling for endurance riding
- 6:15 - 8:00 No- Host Dinner (Sky High Pizza) & Presentation by Paul Petersen –
“Preparation for a Successful Death Ride”

Sunday

- 7:30 - 8:30 No host breakfast at lodge
- 8:45 - 9:00 Pre-Ride Discussion/Plans & Camp Foto
- 9:00 - 4:00 Coached Training Ride (Hermit Valley/Ebbetts Pass/Markleeville) 26-79 miles;
2,600 – 7,500 ft
- 4:00 - 4:30 Post Ride Discussion
- 4:30 Camp Departure

Cost:

\$160 for two days- includes coached training rides, sag support, lunch and CycleFit clinic sessions.
\$90 for one day

Camp Director and owner of CycleFit Camps: is [Shelley Marenka](#) – USA Cycling Certified Elite Coach and Personal Trainer & Fitness Expert. Shelley has over 25 years of experience coaching and training individuals, holds several professional certifications, is a former Personal Training studio owner, competitive runner and now avid cyclist who has traveled internationally teaching and training fitness and sport. Her passion for cycling and love for teaching makes her a contagious, energetic coach who will inspire you to want more on the bike and out of yourself! She is a published author for Velo Wear publications and many other fitness publications.

Minor changes may occur to this itinerary for the CycleFit camps.