



Tour of Georgia : Training Camp

Gentlemen,

It will not be long before we will be in sunny Georgia to do some training and get tuned up for the upcoming cycling season. Our planning is coming along very well and I am excited to detail some great rides for the camp when I head south. I will make sure our route plans are tough enough for Paul and still manageable for the rest of us. Is that possible??

Perhaps Paul will have to do the Brasstown Bald mountain top finish twice!! I would like to thank Paul for his initiative, his follow ups and his enthusiasm to make this custom program work. Be prepared for great riding, great coaching, and great company. See you in Georgia soon.

Sincerely
Steve Bauer

Day 1: April 20 > Arrivals

We will transfer everyone to Black Bear Lodge in Helen Georgia. Once the group has arrived we will welcome everyone and prepare the bikes for our first warm up spin.

After an easy ride and settling in, dinner will follow.

After dinner, our first evening seminar will include: Staff introductions, guest introductions, schedule / overview of the camp, topics of the upcoming seminars in brief.

Day 2: April 21 > Lets' get rolling

We will get our first chance to test the legs and work on some cycling specific skills.

After breakfast each day, we will begin with some flexibility and stretching before jumping on the bikes. During today's ride in the foothills to the south of Helen and the Appalachian climbs we will work on two areas technical skill. The first one we will focus on echelon and group riding. We will practice forming the echelon, riding tight, riding smooth and riding fast, all in consideration of terrain and wind.

Later in the ride the second technique we will work on is fast cornering and descending. During this second session everyone will be obliged to follow my motto "keep rubber side down". The plan is to ride approximately + - 120 km.

Late lunch on return to the lodge

Dinner at the Lodge

Evening Seminar Discussion: Race Tactics (Team and individual)

Reading the race, understanding conditions, positioning in the peloton, when to attack, how to attack and more all in consideration of race scenarios

Day 3: April 22 > Into the Appalachian Mountains, today's ride estimate 160 km
Its time to tackle the climbs of the "Six Gap Century" or a nice version of this route.
Most of the gaps (passes) that we will ride are included in this years Tour de Georgia during stage 4 and 5. I will balance a great challenging ride combined with watching the race finish in Dahlonega. In order to fit this all in we will be getting up early.

First Draft of the ride route: Depart Helen direction Uncoi Gap, Jacks Gap, Wolfpen Gap, Woody Gap, Neels Gap, Hogpen Gap and then ride into Dahlonega to see the race finish. The stage of the race today will be climbing Woody Gap twice and Neels Gap once on its course to Dahlonega.

During the ride we will focus on race tactics and have some fun with race mock up scenarios

Lunch en-route

See the Tour de Georgia at the stage finish in Dahlonega (VIP yellow jersey club, passes)

Return by van to the Lodge

Dinner at the Lodge

Seminar topic: Nutrition: The cycling athletes' nutrition in consideration of Training and preparation, Hard workouts vs. easy ones, pre race nutrition, what to eat during exercise (training or race) Recuperation foods, Hydration. The discussions will be specific and prescriptive

Day 4: April 23 > Brasstown Bald Mountain

Today's race stage finishes on a very tough steep climb called Brasstown Bald.

I have heard that even the pros are using extreme gearing to make the steep part.

Our plan is to ride a good 120 km and finish the ride on Brasstown Bald. We will need to be on the mountain early enough before road closure. Once in good position on the climb we can kick back, have some lunch and await the race arrival. After the race we will head back to Helen by Van.

For those who have extra energy and power, riding back to the lodge is always an option.

Dinner out in the village of Helen.

Evening Seminar: Bike Maintenance

Day 5: April 24 > Departure Day.

After breakfast we do a final ride. I will map out 100 km and more for the guys who still have some legs left to push. After the ride we will have lunch before heading to the airport. Departures Atlanta