



# **PALO ALTO TRAINING CAMP 2019**

Ride the Redwoods in California



February 9<sup>th</sup> – 16<sup>th</sup> 2019

As a professional cyclist Palo Alto was Andrew's destination of choice to prepare for each racing season. Training in Palo Alto will be some of the best riding you ever experience. Join Andrew for The Cycling Gym's first spring training camp, accessible only to members of the gym.



# Diverse



You cannot ask for a better location from which to ride a bicycle. From Palo Alto there are a wide variety of rides available. You can easily ride through Stanford and up into the hills. The bustle of the city drops away as you head upwards, climbing through variations in vegetation up into the pine trees and ancient Redwood groves.

Once we're over the hills we'll head over to the coast, as far as Santa Cruz where we can stop for a coffee on the beach.



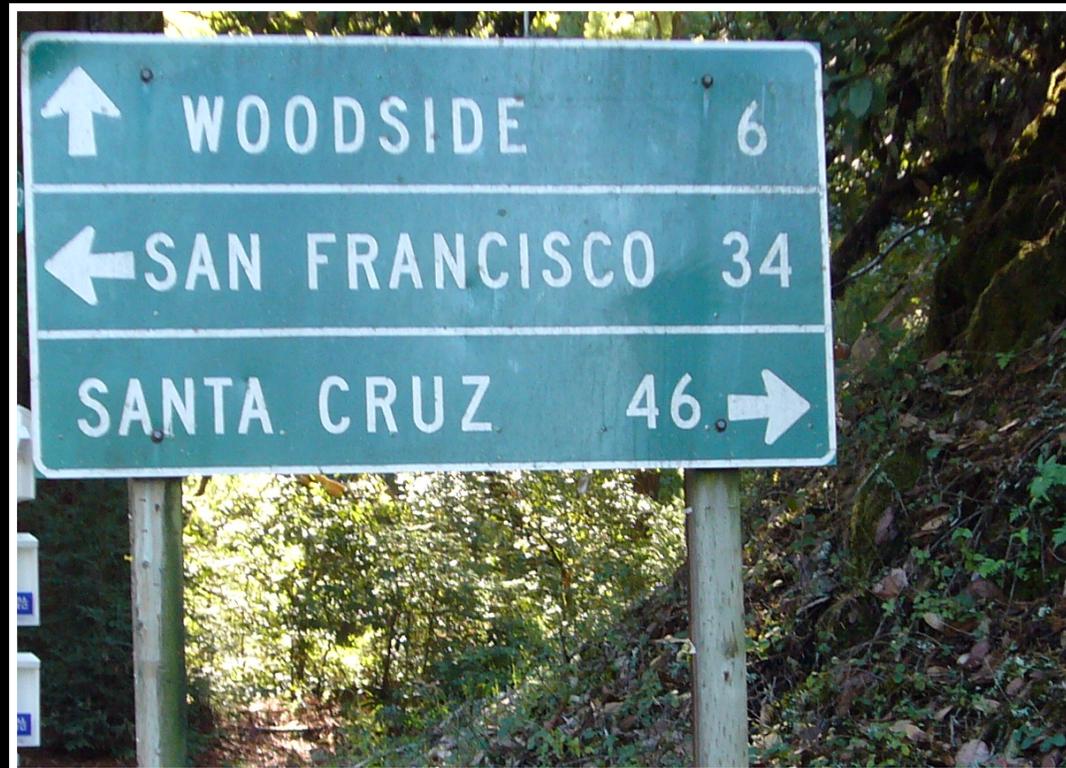
Coming from the cold of winter the smell of the forest is intoxicating!



# Challenging

The riding in Palo Alto will be both challenging and rewarding. Each day will offer a climb or two to be conquered: Old la Honda, the local classic; Alpine Road, long and steady; Old Highway 17, getting to the coast; or Mountain Charlie Rd, a single lane forgotten in the hills of Santa Cruz. These climbs are challenging but not outrageous, each offering unique scenery and an experience not to be forgotten.

A 39x28 is the recommended minimum gearing to get over some of the longer or steeper climbs.



# Riding as a Group

The concept behind the camp is to head south, enjoy a great week of riding and log some miles. This camp is not about racing or going fast. We will ride as much as possible as a group, with everyone managing their efforts on the climbs.

If we all ride honestly on the climbs then there will be little waiting for one another, no bonking, and no need to cut back on the miles. Even with a wide range of abilities in the group we should all be able to enjoy riding together for most of the camp.



# Accommodations

The Zen Hotel will be the base for the trip. The Zen is a remodelled motel with nice rooms. Best of all the courtyard concept allows for good group interaction and easy access in and out of the rooms with our bicycles.

The location of the hotel couldn't be better for getting into the hills and will provide us with a great place to relax throughout the week. There is a grocery store nearby, along with a pharmacy and a Starbucks across the street.



# Itinerary and Pricing

Itinerary:

Arrival: Saturday February 9<sup>th</sup> ,2019

Departure: Saturday February 16<sup>th</sup> , 2019

Riding Schedule:

Saturday, Sunday, Monday

Rest day: Tuesday

Wednesday, Thursday, Friday

Shared accommodation pricing, based on room availability:

USD\$2650\* includes:

- ground transportation to and from SFO for specified times\*\*
- organized rides, structured to maximize training benefits
- shared hotel room (single rooms can be arranged at additional cost)
- post-ride snacks

\* price includes applicable taxes, and are in USD with CDN amount to be finalized mid-January.

\*\* Feb 9<sup>th</sup> AC737 depart YYZ 8am, arrive SFO 10:39am (direct flight)

Feb 16<sup>th</sup> AC756 depart SFO 12:10, arrive YYZ 19:58 (direct flight)

# Expressions of Interest

If you are interested in attending the trip please send an email to [andrew@thecyclinggym.com](mailto:andrew@thecyclinggym.com).



## Requirements

CDN\$1250 initial deposit, rest of payment due January 15, 2019

**Travel insurance** required. No one will be able to ride with the group without insurance.