



Power Training. Powerful Results!
PEAKS COACHING GROUP

BLUE RIDGE SPRING POWER TRAINING CAMP

Bedford, VA • April 3 – 9, 2011

Rising out of the Blue Ridge Mountains, two prominent peaks stand out against the sky giving Bedford one of the most beautiful backdrops in Virginia. Part of the Blue Ridge Parkway, these peaks are known as The Peaks of Otter and act as the backdrop and challenge of the Peaks Coaching Groups premier cycling camp.

Join Hunter Allen, Scott Moninger and the Peaks Coaching Group for this six day cycling camp in the scenic Blue Ridge Mountains. Based out of Peaks Coaching Group headquarters, this camp offers cyclists the ability fine tune their foundation training and prepare for the upcoming season while exploring the Valley's and Peaks of Southern Virginia and the Blue Ridge Parkway.

General Overview:

- Daily Power Training Seminars and on-the-road coaching from Hunter Allen and Scott Moninger and the Peaks Coaching Team.
- Advanced Training Techniques and WKO Utilization methods that will Improve your results either through power or heart rate training
- Miles of low traffic riding on the beautiful Blue Ridge Parkway, featuring on the road coaching and key training drills are the perfect way to boost your spring training
- Learn from and train with Scott Moninger to get those "inside the peloton" tips
- One-on-one coaching and power file analysis from Hunter, Scott and the rest of the Peaks Coaching team

Spring Camp Includes:

- Fully supported rides featuring on the road coaching, key training drills, power testing and great camaraderie.
- Post ride yoga sessions, massage (one free per attendee) and recovery drinks
- Mechanic on-duty will clean and check bicycles each evening
- Evening presentations featuring power training tips as well as reviewing each day's events
- Catered evening meals and lunches

The cost of the camp, lodging and all meals is **\$1,795** per person. Lodging will be at the Days Inn Hotel, double occupancy (single occupancy upgrade add \$195).

Transportation to and from the airport included.

Day Campers are welcome at \$175 a day

Register At:

www.peakscoachinggroup.com
info@peakscoachinggroup.com

Call Peaks Coaching Group 540-587-9025

SRAM



QUARQ
THINK FAST

DVT



Power Training. Powerful Results!

MEET OUR COACHES



HUNTER ALLEN
 Owner and founder of Peaks Coaching Group

Learn Power Training From the Guy who Wrote the Book!

Widely known as one of the top experts in the world in coaching endurance athletes using power meters, Hunter's goal has always been to teach athletes how to maximize their training and racing potential. Through professional analysis of their power data, Hunter helps discover an athlete's true strengths and weakness, quantitatively assess training improvements and refine and maximize the focus of their training. Hunter's power training method has built success at all levels of cycling and endurance sports, training well known professional & Olympic athletes such as Jeremiah Bishop (Volkswagen-Trek), 2008 U.S. National Champion Mountain Biker, Daniel Lloyd (CerveloTest Team), 2008 Vuelta de Extremadura, Sue Haywood, 2007 World Mountain Bike 24 Champion, Dan Fleeman (CerveloTest Team), 2008 Winner of Tour of Pyrenees and with the 2008 USA Olympic BMX Team.



SCOTT MONINGER
 Peaks Coaching Group
 17 Year U.S. Pro

Ride with One of the Most Successful U.S. Pro's in History

Scott has raced on 6 different pro teams including most recently BMC (2007), Healthnet (2004-2006), and Mercury (1999-2002) pro teams. He began his prestigious career racing professionally as a member of the Corsors Light Pro Cycling Team in 1991. Scott has an impressive resume featuring multiple wins at many elite U.S. events. He is a 4 time winner of Oregon's grueling stage race the Cascade Classic, and 4 time winner of one of the oldest, most physically and technically challenging races in the U.S., the Nevada City Classic. Scott was also 2 time winner of the Tour of Gila, Redlands Classic, and the International Tour De Toona, to name a few. Scott was voted the 2005 VeloNews Male Road Cyclist of the Year and was ranked #1 road rider twice in the USA (1992 & 2005). Scott retired from racing at the end of the 2007 season with 275 career wins and joined the Peaks Coaching Group in 2008.



BJ Basham
 Peaks Coaching Group

Peaks Coaching Group

USAC Level 1 and Power Certified Coach with over 25 years of training and racing experience. BJ's athletes scored more than 85 top ten finishes and 16 wins in 2009; USAC Licensed mechanic and Wobblenaught fit technician.



Peaks Coaching Group

Former Nationally-ranked Category 2 cyclist with over thirty 1st place finishes. USAC Level 2, USAC Power Certified, USA Triathlon Level 1, AFAA Certified Personal Trainer.

BLUE RIDGE ITINERARY HIGHLIGHTS

DAY Arrival: Sunday April 3rd

- 3:00 pm – Arrive and Check-in
- 5:00 pm – Bike Check and Meet & Greet
- 6:30 pm – Dinner on own

DAY One: Monday

- 8:00 am – Breakfast
- 10:00 am – Blue Ridge Ride
- 4:00 pm – Coaches Review
- 5:00 pm – Yoga & Massage
- 6:30 pm – Dinner

DAY Two: Tuesday

- 8:00 am – Breakfast
- 10:00 am – Sprint Day
- 3:00 pm – Coaches Review
- 4:00 pm – Yoga & Massage
- 6:30 pm – Dinner

DAY Three: Wednesday

- 8:00 am – Breakfast
- 10:00 am – Time Trial Day
- 4:00 pm – Coaches Review
- 5:00 pm – Yoga & Massage
- 6:30 pm – Dinner

DAY Four: Thursday

- 8:00 am – Breakfast
- 10:00 am – Blue Ridge Ride
- 4:00 pm – Coaches Corner
- 5:00 pm – Yoga & Massage
- 6:30 pm – Dinner

DAY Five: Friday

- 8:00 am – Buffet Breakfast
- 10:00 am – Race Day
- 4:00 pm – Coaches Corner
- 5:00 pm – Yoga & Massage
- 6:30 pm – Dinner

DAY Six: Saturday

- 8:00 am – Breakfast
- 10:00 am – Checkout
- 11:00 am – Various Distance rides
- 3:00 pm – Travel Home

Target Athlete

This will be an intermediate/advanced camp for racers and fast recreational riders who have been training for 1 year or more, and/or are Cat 4 and higher. We highly recommend bringing your power meter and laptop to get the most out of these camps but are not mandatory. Rides will be from 60 – 90+ miles each day, with shorter options if needed.

Please email Hunter Allen at info@peakscoachinggroup.com if you have any questions as to the suitability of this camp for you.

Camp Fee

\$1795 (Double Occupancy; \$195 additional for single occupancy)
 The camp fee includes all coaching, 6 nights lodging, 6 breakfasts, 6 lunches and 6 dinners, fully supported rides, mechanical support, drink mix, gels, bars, and recovery drinks. Yoga sessions are included.

Camp Accommodations

Lodging will be at the local Days Inn Hotel and features a hot continental breakfast



Arrival & Check-In: Sunday April 3rd, 2011

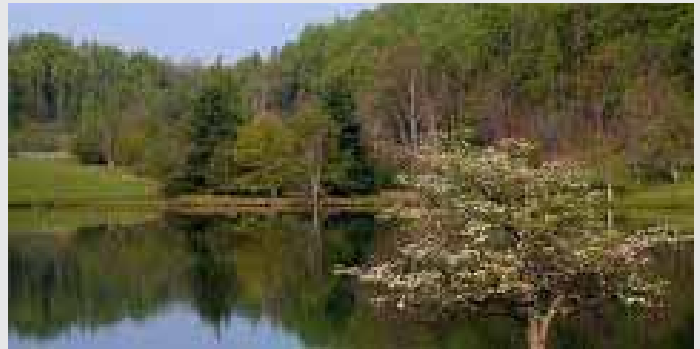
Check-In begins at 3:00pm Sunday afternoon with a rider "meet and greet" at 6:00 PM with dinner following.

Meals

Breakfasts provided by hotel, lunch and dinners will be catered by a selection of local restaurants at Peaks Coaching Group headquarters.

Weather

Bedford's weather in May is variable (highs in the 60's, lows in the low 40's) but most likely we will experience cooler days. You will need to bring a range of clothing to be prepared for a range of diverse weather conditions; bring rain gear and warm layers.



Peaks of Otter Lake

Airport Shuttles -Arrival and Departures

Airport: Roanoke, Va

Please contact us as soon as you know your travel arrangements so we can plan airport pickups and drop off.

Bike Shipping:

Bikes can be shipped in advance and will be held for your arrival. We will supply specific shipping address in camp information packet.

Camp Cancellation Policy:

The total camp fee minus \$150 is refundable for withdrawals up until February 5th, 2011. For withdrawals after Feb 5th, 2011 but on or before March 18th 2011, 50% of your full camp fee payment is refundable. For withdrawals on or after March 18th, 2011 no refund will be made available.



Peaks Fall Power Camp

Sponsors:

