



Power Training. Powerful Results!
PEAKS COACHING GROUP



HIGH ALTITUDE "IRON HORSE" POWER TRAINING ROAD CYCLING CAMP

Durango, Colorado May 8 – 14, 2011

Join **Hunter Allen, Scott Moninger** and Peaks Coaching Group for the all new High Altitude "Iron Horse" Power Training Camp in beautiful Durango Colorado. This camp offers cyclists the ability to jump start their summer season with some exciting high altitude training and premier coaching from *the guy who wrote the book* on Power Training; Hunter Allen. Durango is the secret training grounds of the road cycling pros blending sunny desert riding through the Animas River Valley with the challenging high altitude routes of the majestic San Juan Mountains. Durango is located at 6,500 feet above sea level and features area peaks rising over 14,000 feet with scenery that will take your breath away, with alpine forests, aspen groves and dramatic red cliffs. One of our training days will be "racing" the historic Durango and Silverton Steam Engine up the mountain pass, following the route that the *Iron Horse Classic* rides!

General Overview:

- Daily Power Training Seminars and on-the-road coaching from Hunter Allen
- Advanced Training Techniques and WKO Utilization methods that will improve your results either through power or heart rate training
- Miles of high altitude riding 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:

- Full ride support complete with lunch and snack stops
- Post ride yoga sessions, massage 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
- Lodging at the Historic Strater Hotel with it's world-class accommodations & hospitality. Experience the *Wild West* at the Strater's Diamond Belle Saloon!
- Fun Evening meals at local Durango Restaurants

The cost of the camp, lodging and all meals is **\$1,795** per person (single occupancy add \$395) Day Campers are welcome at \$175 a day

This includes six days lodging, buffet breakfast, on-the-road lunches, and dinners at local restaurants; plus transportation to and from the airport is included.

Register At:

www.peakscoachinggroup.com
info@peakscoachinggroup.com
 Call Peaks Coaching Group 540-587-9025



EDDY MERCKX



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 Pyrnees 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.



TIM CUSICK
 Peaks Coaching Group

Camp Coaches and Hosts

Durango Camp is being hosted by Peaks Coaches, Tim Cusick & Kathy Watts. Both Tim and Kathy are USAC Certified Coaches and avid cyclists. From scenic desert bike routes, to challenging mountain climbs, to fun group dinners, they will make your Durango experience a trip to remember!



KATHY WATTS
 Peaks Coaching Group

DURANGO ITINERARY HIGHLIGHTS

Each ride will feature 2 pace options

DAY Arrival: Sunday May 8th

- 3:00 pm – Arrive and Check-in
- 5:00 pm – Bike Check and Meet & Greet
- 6:30 pm – Team Dinner at Belle Saloon

DAY One: Monday May 9th

- 8:00 am – Buffet Breakfast
- 10:00 am – Durango to Bayfield (73m)
- 4:00 pm – Coaches Corner
- 5:00 pm – Yoga & Massage
- 6:30 pm – Dinner at Carver's

DAY Two: Tuesday May 10th

- 8:00 am – Buffet Breakfast
- 10:00 am – Durango Century (90m)
- 3:00 pm – Coaches Corner
- 4:00 pm – Yoga & Massage
- 6:30 pm – Dinner at Mahogany Room

DAY Three: Wednesday May 11th

- 8:00 am – Buffet Breakfast
- 10:00 am – Mesa Verde Ride (67m)
- 4:00 pm – Coaches Corner
- 5:00 pm – Yoga & Massage
- 6:30 pm – Dinner at Tequila's

DAY Four: Thursday May 12th

- 8:00 am – Buffet Breakfast
- 10:00 am – Iron Horse Climb (50m)
- 4:00 pm – Coaches Corner
- 5:00 pm – Yoga & Massage
- 6:30 pm – Dinner Party

DAY Five: Friday May 13th

- 8:00 am – Buffet Breakfast
- 10:00 am – Sprint Day
- 4:00 pm – Coaches Corner
- 5:00 pm – Yoga & Massage
- 6:30 pm – Dinner at Carver's

DAY Six: Saturday May 14th

- 8:00 am – Buffet 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; \$395 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



The Historic Strater Hotel will be our home for the week. Steeped in history as Durango's most prominent landmark, the Strater delivers world class accommodations and hospitality. Conveniently located in downtown Durango, allowing campers to explore this interesting town during free time.

The Strater features:

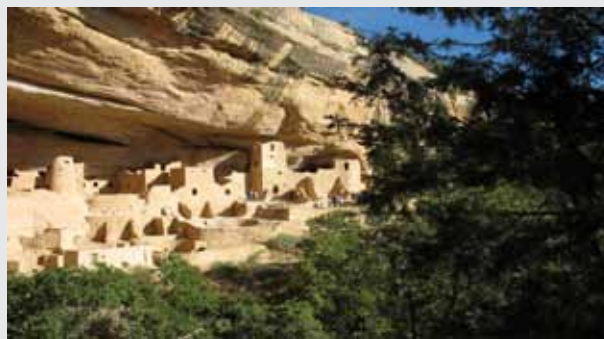
- Award winning restaurants
- Complimentary wireless Internet
- Complimentary parking
- Room Service
- Nightly entertainment including Henry Strater Theatre
- Hot Tub

Arrival & Check-In: Sunday May 8, 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, Monday – Saturday mornings. Box style lunches on the road & Dinners will be at the hotel or fun local restaurants.



Mesa Verde Ride

Weather

Durango's weather in May is variable (highs in the 70's, lows in the low 40's) but most likely we will experience warm days with cool mornings and evenings. Our riding during the week will be a mix of terrains and climates ranging from Southwest desert to Rocky Mountain High elevation passes. You will need to bring a range of clothing to be prepared for this diverse climates; bring raingear and warm layers.

Airport Shuttles -Arrival and Departures

CLOSEST AIRPORT: DURANGO LA PLATA AIRPORT

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 January 14th, 2011. For withdrawals after Jan 14th, 2011 but on or before April 8th 2011, 50% of your full camp fee payment is refundable. For withdrawals on or after April 8th, 2011 no refund will be made available.



Peaks Fall Power Camp

Sponsors:

