

2010

PEAKS COACHING GROUP POWER CAMP

Power Racing Tactics Camp



POWER RACING TACTICS CAMP

Blakeslee, PA • May 12-16, 2010

Do you ever wonder why some racers always seem to make it into the winning breaks and others, despite their strength and speed, rarely make it? Some riders fail to ever learn how to read a race, conserve their energy or make the winning break or sprint. Join Hunter Allen, co-author of *Racing and Training with a Power Meter*, Scott Moninger, 17 year pro, 2 time NCR Champion, Thomas Prehn, 1986 US Pro Champion and the Peaks Coaching Group for this specialty camp designed to educate riders in all areas of planning, organization and competition for increased performance at the four major road racing venues; road race, criterium / circuit race, individual time trial and stage race.

Topics to be covered:

- Pre-race planning, organization and planning
- Equipment
- Race-day organization
- Effective strategy and tactics
- "Race Reading" techniques
- Executing an effective race plan
- Post-race recovery and analysis

Register at www.peakscoachinggroup.com/camps or call (540) 587-9025

Pocono Raceway

Ever wonder what it would be like to race on a totally close, super fast course? This is your camp as campers will enjoy two full days of race scenario and tactic practice on one of the fastest courses in the east! Peaks Coaching Group will deliver you the perfect blend of training, practice and actual racing to fine tune all your race skills all on a closed course so you can focus on the learning and the racing!!



Check out Pocono Raceway at: <http://www.poconoraceway.com/index.asp>

Sponsors



This will be an beginner/intermediate/advanced camp for racers and fast recreational riders who have been training for 1 year or more, and/or are Cat 5 and higher. The camp will feature training and racing drills while covering plenty of foundation building miles.

The Cost for the Camp will be \$999 per person and will include lodging and all the other great things mentioned above. Lodging will be in the Split Rock Resort, double occupancy. It will cost extra if you want a private room for the duration of the camp (\$195). Transportation to and from the airport is included.

Nearest Airport: Allentown, Philadelphia

Lodging: Split Rock Resort - Blakeslee, PA <http://www.splitrockresort.com>

www.peakscoachinggroup.com • info@peakscoachinggroup.com

CALL PEAKS COACHING GROUP 540-587-9025



Power Training. Powerful Results!

POWER RACING TACTICS CAMP

MEET OUR COACHES



HUNTER ALLEN
Author of *Racing and Training with a Power Meter*

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. "Power Training can add a whole new dimension to your cycling. By using a power meter, you literally have a 'second by second' training diary, which allows me, as a coach, to not only see exactly what you are doing on your rides, but also to plan training using the 'dose' and 'response' method," Allen states. 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. To learn more about Scott, visit www.peakscoachinggroup.com.



TIM CUSICK
Peaks Coaching Group

Peaks Coaching Group

Tim Cusick (USAC 2) former elite mountain bike racer and certified power training coach. To learn more about Tim, visit www.peakscoachinggroup.com.



THOMAS PREHN
Peaks Coaching Group

Peaks Coaching Group

President of Research, CatEye USA. He won the 1986 USPRO road championship and was a consistent top finisher in US national championship races throughout his career. Author of 'Racing Tactics for Cyclists'.

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SCHEDULE OVERVIEW

Power Racing Tactics Camp

DAY One: Wednesday, May 12

- 12:00 pm – Check-in
- 3:00 pm – Power Profile Testing Ride
- 8:00 pm – Meet & Greet/Race Tactic Seminar

DAY Two: Thursday, May 13 (on the track at Pocono's Speedway)

- 9:00 am – Sprint Finish Lecture
- 10:00 am – Sprint Technique and Practice
- 11:00 am – Team Race Finishing Scenarios
- 1:00 pm – Lunch at Track
- 2:00 pm – The Breakaway Finish Lecture
- 2:30 pm – Team Final Breakaway Race Scenarios
- 8:00 pm – Film review and lecture

DAY Three: Friday, May 14 (on the track at Pocono's Speedway)

- 9:00 am – Making the Break Lecture
- 10:00 am – Making the Break & Winning from the Break Practice
- 11:00 am – "The Break" Scenarios
- 1:00 pm – Lunch at Track
- 2:00 pm – Open Track Races A/B/C Open Races

DAY Four: Saturday, May 15

- 9:00 am – Climbing and Uphill Finish Lecture
- 10:00 am – Race Climbing Techniques
- 11:00 am – Race Climbing Practice
- 1:00 pm – Lunch on the road
- 2:00 pm – Bringing it all together
- 3:00 pm – Group Ride

DAY Five: Sunday, May 16

- 9:00 am – Bringing it all together lecture
- 11:00 am – Check Out / Group Ride
- 3:00 pm – Head Home

Target Athlete

This will be an beginner/intermediate/advanced camp for racers and fast recreational riders who have been training for 1 year or more, and/ or are Cat 5 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 30 – 60+ 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 \$999

\$999 (Double Occupancy, \$195 additional for single occupancy). The camp fee includes all coaching, 4 nights lodging, 4 breakfasts, 4 lunches, campers are responsible for their own dinners, fully supported rides, mechanical support, gels and bars

Camp Itinerary

Will be supplied in camp information packet.

Camp Accommodation*

Split Rock Resort & Golf Club is a four season family resort situated on 125 acre Lake Harmony, in the western region of the Pocono Mountains of Pennsylvania. <http://www.splitrockresort.com>

Arrival & Check-In: Wednesday, May 12 3:00 pm

Check-In begins at 3:00 pm Wednesday afternoon.

Meals

Breakfast will be provided by Split Rock and feature a selection of both hot and cold entrees, lunch will be supplied on location as per schedule and dinners are on your own. There is a selection of restaurants at the resort or in the local area.

Weather

Plan for all conditions in Pennsylvania! We could have 80 degree days and bring the sunscreen, or it could be cold and wet up on the Mountain. It's May in Pennsylvania and on the whole it should be very mild, but plan for anything.

Airport Shuttles

We have airport shuttles available. Please contact us as soon as you know your travel arrangements so we can book pickups.

Departure: Sunday, May 16th, 2010

Please allow 1 hour for the drive plus check in time at the airport.

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 April 16, 2010. For withdrawals after April 16, 2010 but on or before April 30, 2010 50% of your full camp fee payment is refundable. For withdrawals on or after April 30, 2010 no refund will be made available.

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