

The women of the Colavita/Sutter Home professional cycling team invite you to:

Colavita Team Camp



January 23-25, 2009

Train with the Best!

At Colavita Team Camp, you will be treated like a pro, by the pros, during a weekend of training and education from the nation's top women cyclists, including 2008 NRC overall champion, Tina Pic, and 2008 Austin AT&T Criterium winner, Kelly Benjamin. Check out the 2009 roster at www.teamcolavita.com!

Camp is open to all women who love to ride - road racers, those thinking about racing, triathletes, and weekend warriors alike. Everyone can expect:

- **Personal attention:** We will keep the ratio of team members to riders low, so that everyone is able to ask questions about their individual goals, and work on specific areas important to them
- **Professional treatment:** All rides will have a follow vehicle, with mechanical support, water, and food.
- **Focused groups:** Racers will have the opportunity to practice specific situations for the upcoming season, like how to improve your chances in a break, working with other teams to bring a rider back, and how to be a better field sprinter. Others will take away tips on how to get the most out of your training, be it through intervals, gearing choice, or improved form.
- **Off-bike activities:** We will have a social meet and greet on Friday night, and a more focused Saturday session, where we will talk about weight training, bike fit, and answer questions from the morning ride.
- **Fun, fun, fun:** While we will be training hard, camp will also be about camaraderie, friendship, and a great time on the road.

Date	Event	Time
Fri Jan 23	Meet and Greet at Mellow Johnny's , followed by a guided Q&A session	6-8pm
Sat Jan 24	Fully-supported AM Team Ride	9am-1pm
	Afternoon indoor session at Pure Austin Gym	2-4pm
Sun Jan 25	Fully-supported AM Team Ride	9am-1pm
	Camp wrap-up at Mellow Johnny's	2pm

- All rides will have a follow vehicle with mech. support, water and food
- Routes will be 2.5-4 hours (length and drills will vary by group)
- Specific details, locations, and routes will be provided as camp approaches
- Registration fee is \$150

For questions and registration, contact shontellg@gmail.com
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