



**2012 Solvang Spring Camp
March 11 to March 17
Itinerary**

Sunday, March 11

Athlete Arrivals/Hotel Check-In
2:30 pm Ride - 2 hour easy – both groups.
6:00 pm Welcome Reception / Dinner Location tbd.....

Monday, March 12

9:30 Depart for Ride – Mt Figueroa OR Foxton.
1:30 pm Lunch
2:30 pm Training program development
5:00 pm Lecture/Open discussion Period/Massages
7:00 pm Dinner

Tuesday, March 13

9:30 – 1:30 Ride - Mt Figueroa opposite loop, all riders.
5:00 pm Training program development
6:00 pm Discussion - Race strategies/Massages
7:00 pm Dinner

Wednesday, March 14

9:30 – 2:30 Ride – Tepesquay Canyon, all riders.
5:00 pm Training program development
6:00 pm One on one talks.
7:00 pm Dinner

Thursday March 15

9:30 – 2:30 Ride – route tdb.
5:00 pm Training program development
7:00 pm Dinner

Friday, March 16

9:00 am Depart for Ride – Figueroa, or Foxton.
5:00 pm Training program development
7:00 pm Dinner

Saturday, March 17

9:00 am Depart for Ride – route tdb.
10:30 am Check out of hotel.

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