



Women's Weekend Itinerary: 2018

Fruita – April 27-29 (Friday-Sunday)

Friday, April 27:

*4:00-5:00 – Meeting at Triangle Park in Fruita. Exit off of I-70 at Fruita exit. Go right if coming from the East. At stop light, City Market is on right, go left one block to Triangle Park. Come at your leisure between 4 and 5. We will hand out goody bags and do a quick bike fit with you.

*5:00-7:30 – Skills Workshop on the grass, working on balance exercises, cornering practice, switchback practice, front wheel lifts, bunny hops, etc. We will refer to these skills the rest of the weekend on our coached rides.

*After Skill's Workshop - Let's all meet at the Hot Tomato for pizza and salads. Gluten-free pizza available.

Saturday, April 28:

*8:45-9:00 – Meet at La Quinta parking lot. Load up bikes in van to drive to Kokopelli Trails parking lot. Feel free to drive your own car, if you prefer.

*9:30-12:30 – We will head out on our coached ride for the day. We will split into 2-3 groups according to ability. We retry sections that we don't make, if in our ability level.

*12:30-1:30ish – Lunch back at the trailhead; veggie salad, turkey, chips, fruit, cookie. I am gluten-free/dairy-free, so we have those options available.

*3:30-4:30 – Stretching for cycling session across street from La Quinta.

*5:30 – Let's meet across street from the La Quinta at the Mexican restaurant, El Tapatio. I'll make a reservation.

Sunday, April 29:

*8:45-9:00 – Meet at La Quinta parking lot. Load up bikes in van to drive to 18 Road Trails. Feel free to drive your own car, if you prefer.

*9:45-12:30 – Coached ride on 18 Road Trails.

*12:30-1:30ish – Lunch and awards back at 18 Road parking lot.

***Dinners not included in the price of camp.