



Women's Weekend Itinerary: 2018

Moab – May 4-6 (Friday-Sunday)

Friday, May 4:

*4:00-5:00 – Meeting at Swanny Park in Moab. (400 N. 100 W.); 1 block North of Rim Cyclery. 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 – We will ride over to the High School to do a Skill's 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 Quesadilla Mobilla, a fun, casual food truck right on Main Street. Awesome food. They work with food sensitivities.

Saturday, May 5:

*8:45-9:00 – Meet at Swanny Park. Load up bikes in van to drive to Dead Horse Point. (35 minutes). The scenery here is amazing! Feel free to drive your own car, if you prefer.

*10:00-1:00 – 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.

*1:00-2:30 – Lunch at picnic spot, 2 miles up road at Dead Horse Point lookout. Spectacular spot!

*3:30-4:00 – Stretching for cycling session back at Swanny Park

*5:30 – Let's meet at The Spoke for dinner. I'll make a reservation.

Sunday, May 6:

*8:45-9:00 – Meet at Swanny Park. Load up bikes in van to drive to Klondike Bluffs area. Feel free to drive your own car, if you prefer.

*9:45-12:30 – Coached ride on Klondike Bluffs trails.

*12:30-1:30 – Lunch and awards back at the Klondike Bluffs parking lot.

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