



## **xXx Racing-Athletico Team Camp**

**March 25-April 2, 2022**

**San Luis Obispo, CA**

*Basic information*

- As the pandemic drags on, but having learned a lot so far and we continue to learn along the way, we are returning to our traditional SLO Camp, but a little bit later in the year, for 2022.
  - We will take whatever COVID precautions are appropriate for the time when we hold camp. It is likely, however, that we require all campers to be vaccinated to attend camp and take an antigen test just before camp begins.
    - It is likely that we will still be needing to wear masks when gathering public indoor places and take other precautions such as washing our hands frequently and avoid close contact with people with unknown health status
- Cost: Approximately \$1,100-\$1500 depending on the number of total campers and your housing choice (1 roommate, 2 roommates, single rooms are available). This price includes:
  - All rides organized and led by USA Cycling Level 1 Coach Randy Warren
  - Coaching Video
    - Pace lines
    - Climbing
    - Descending
    - Sprinting
    - Pack riding skills
  - Skills Clinic
  - Specific work on group riding, pace lines, climbing, descending, and sprinting
  - Room for 8 days and 8 nights
  - Breakfast at the hotel for 8 days
  - Transportation service between Los Angeles and San Luis Obispo
  - Team support
    - post-ride recovery sandwiches
    - Follow vehicle on rides
  - 5 dinners (an on-site BBQ dinner, on-site pizza dinner, pasta feed at Mt. Carmel Lutheran Church, a home cooked meal at the Lerner's and the end of the camp dinner)

- o One on-site 20-minute massage
- You will purchase your airline tickets on your own. We are flying out on Friday morning and then having mini vans take us up to SLO. This puts us in SLO with plenty of time to get dinner, build our bikes and a good night's sleep before the fun begins on Saturday! Current cost (as of 12/14) of the round trip ticket on our recommended flight is \$568. Bikes are just treated as normal luggage on American, so \$30 for the first bag and \$40 for your second bag.
  - o Recommended flights:
    - Friday, March 25 – Chicago O'Hare to LAX American flight 2242, leaves Chicago at 10:25am, (arrive 2 hours prior to flight), arrives in LAX at 12:54 PM pacific time
    - Saturday, April 2 – LAX to Chicago American flight 2776, leaves LAX at 6:00PM and arrives in Chicago at 12:01AM (Sunday, April 3)
  - o If you take a different flight other than the recommended flight, which is fine, it is your responsibility to get to LAX before the vans leave Friday around 2:00PM. Do not schedule your return flight any earlier than the recommended flight if you are using team transportation as it will not get to the airport in time for an earlier flight.
  - o You can also fly directly to SLO but you probably should ship your bike separately using Bike Flights as the jets into SLO are mid-sized and do not guarantee that your bike will travel with you on the same flight
- Please let me know when you have purchased your tickets and if you will be taking the team flight or a different flight
- Dinner on Tuesday and Thursday are on your own
- The travel time from Chicago to SLO is long (flight is 4:37 to LAX and 3:57 back to Chicago and transfer to SLO is 3.5-4 hours) but I think that you will find the long trip worth it for the 8 days of great riding. We should arrive in SLO the first night around 7:00 p.m.
- Priority room assignments are given to returning campers and then to the people who sign up through the Registration Form first (there are a limited number of rooms with 2 double beds)
- 8 Days of riding, this camp has a lot of climbing. If you ride the longest options each day of the camp, you will climb approximately 30,000 feet in about 565 miles (~31.5 hours). There are options available for fewer miles and less climbing although this area is fairly hilly so each day will contain at least some climbing (make sure that you have appropriate gearing for long and sometimes steep climbs e.g. 36x28 for experienced/fit climbers – 34x32 for less experienced/less fit climbers)
  - o On the first day, we will ride about 60 miles and work on pack riding skills that we will use for the rest of camp
  - o The last day will be about 30 miles with two options, one with little climbing [~1,500 ft of climbing], one with one big climb, a little bit of dirt road on the top and a screaming paved descent
  - o Two big climbing days (about 7,000 ft of climbing, with flatter options)
  - o Two medium climbing days (5-6,000 ft of climbing)

- o Two moderate climbing days (~3,000 ft of climbing), including Day 1
  - o One true rest day
- A \$500 deposit is due by Friday, January 14
  - o We prefer that you send money through Chase Quickpay (Zelle) to [payments@xxracing.org](mailto:payments@xxracing.org) or you can use PayPal and add an extra \$10 to cover fees (also to [payments@xxracing.org](mailto:payments@xxracing.org)) or, as a last resort, by check made out to “xXx Racing” and mail to
    - Kiki Demopoulos; 939 Ridge Ct, 1st Floor, Evanston, IL 60202
    - If mailing a check, please make sure that it is sent early enough to arrive by the due date
- Final balance will be due Monday, February 7
  - o Same payment preferences as with the deposit
- Final balance figures will be available after deposits are collected on 1/14. I’ll get those to you as soon as I can after everyone has confirmed their attendance
- I’ll send out our Camp Book about 4 weeks prior to camp which will have all kinds of details about the camp including detailed schedule, route maps, room numbers, information about San Luis Obispo and the Central Coast, etc.