

Junior Road Development Camp May 24th-28th

“The Lees-McRae Road Camp allowed me to meet a lot of motivated juniors like myself. The camp helped me develop as a rider and as a person” Spencer Oswald (Current Lees-McRae Cyclist)

On May 24th-28th, come ride with the 10 time National Champion Lees-McRae Cycling Team.

- ✦ Train on the same roads Lance Armstrong used to prepare for the Tour de France.
- ✦ Ride on the world famous Blue Ridge Parkway.
- ✦ Use state of the art video analysis and statistics to determine bike fit.
- ✦ Learn how to sprint like a Pro.
- ✦ Time-trial up some of the hardest climbs in the country.
- ✦ With a staff of cat 1 coaches, experts with terminal degrees, and national team members all dedicated to elevating your riding.
- ✦ Have the experience of a lifetime at the Lees-McRae Cycling Camp.

Athletes

At the camp, you can expect to ride up to 18 hours in four days, or as little as 10 hours. To be eligible for the camp, riders must have completed at least five races. If a rider would like to attend but has not done a minimum of five races, please email Coach Luke Winger (wingerlb@lmc.edu) or Coach Peter Haile (hailep@lmc.edu).

Parents

We would like to extend an invitation to you for lunch at 12:30pm, May 28th, following the conclusion of our camp. We will be presenting awards to your young athletes, sharing stories accumulated over the weekend, and sharing a meal together.

Registration

Cost: \$500

Online Registration Only at www.lmc.edu

Only 25 spots available. We must have a minimum of 5 women to run the women's portion of the camp.

What to Pack

- Road bike, helmet, sunglasses and gloves.
- Climbing gears 12-27/28 or compact chain rings, 2 tubes, pump or 2xCO2 and multi-tool kit.
- 4 clothing kits minimum. Riding outfits for inclement weather conditions.
- Toiletries

Contact Information

Head Coach - **Luke Winger**
Phone: 828-898-3432
Email: wingerlb@lmc.edu

Assistant Coach - **Peter Haile**
Phone: 828-898-2563
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