



Greenville US Pro Champs Cycling Camp - May 27-May 30th 2011 (Friday to Monday)

Camp Schedule -

Friday – Day 1

- 8-1pm: Airport pick-up / hotel check-in
- 2pm: Camp Official Start / Welcome drink and snacks. Let the fun begin!
- 2-3pm: We'll size you up on your NeilPryde Alize or Diablo demo bike (or help you prepare your personal bike)
- 3-5:30pm: 2.5 hour loosen-your-legs social ride with coach Simon and Clive from Glory Cycles (Paris Mountain option)
- 6-7pm: Relaxation time or explore this beautiful city that comes alive for the Pro Champs
- 7:30pm: Delicious group dinner at a great local restaurant

Saturday – Day 2

- 7-8am: Breakfast at hotel
- 9am: Pre ride coaching instruction from coach Simon. Let's head out!
- 9-11am: 3 hour scenic hilly route in the surrounding countryside and to the time trial. Full sag support including food, drinks and mechanical assistance. No one gets left behind.
- 11:30-1:30pm: US Pro Champs Time Trial VIP viewing
- 2-3pm: Short ride back to the hotel / relaxation time
- 3-5pm: Optional afternoon ride or explore Greenville and River Place
- 6:30pm: Delicious group dinner at a great local restaurant

Sunday – Day 3

- 7-8am: Breakfast at hotel
- 9am: Pre ride coaching instruction from coach Simon. Let's roll!
- 9-2pm: Epic 4-5 hour ride up Caesars Head and other scenic climbs. Full sag support including food, drinks and mechanical assistance. No one gets left behind. *Charity ride option (\$150 additional)
- 2-3pm: Relaxation time
- 3-5pm: Fun excursion planned (TBA)
- 6:30pm: Final dinner and party at a great local restaurant

Monday (Memorial Day) – Day 4

- 7-8am: Breakfast at hotel
- 8:30-11am: 2.5 hour social ride with optional coffee-shop stop
- 12:00 Hotel check out
- 12-3:30pm US Pro Champs Road Race viewing in prime viewing location. Lunch and snacks provided.
- 4pm Camp Officially ends
- 4-7pm Airport drop-off (or stay an extra night)

***Please note the final itinerary may be revised.**