

# The *LiveSplendidly* - Princess Pedal Camps 2018

## Camp 1 - May 27 – June 2

## Camp 2 - June 3 – 9

This week-long cycling camp is meant for newcomers to long distance road riding and intended to kick start the outdoor season by enjoying the lovely surroundings of Penticton, BC and area. All riders should be of sound physical health and will be asked to complete a Physical Activity Readiness Questionnaire prior to registration. The riders must be relatively fit, but not necessarily 'race ready'. Registering early has the added bonus of receiving indoor bike workouts to get you ready for the camp.

This camp is not a competition in any way, shape or form. The environment will be encouraging and supportive... but don't be fooled - you should expect to be challenged! All riders are female and there is a maximum of 5 campers in each camp with significant opportunity for individual attention.

The camp will consist of the following:

- Four to five days of guided riding with single rides ranging from 50-120km in and around the Penticton area including rides to Summerland, Okanagan Falls, Oliver, and Naramata. Tips on riding technique, hill climbing, drafting and pacing will be discussed and practised throughout. Learn how to change your own tire and grease your own chain.
- Team Princess Pedal cycling jersey.
- Six night's accommodation in a vacation house with all the amenities that may be required. A bedroom for everyone, 2 bathrooms, full kitchen, W/D, close to town for walking to local shops.
- Breakfast, Lunch and Dinner prepared most days by your hosts so that you may enjoy the week, relatively worry free. We encourage the Princesses to go out for dinner on Wednesday evening.
  - This will include healthy and hearty hot and cold breakfasts, lunches may be on the road or at the house, delicious evening meals, snacks and home baked cookies and desserts.
- Two private yoga sessions at a local studio at the end of the day.
- Other recreational activities may include: wine touring, coffee drinking, shopping or just some much needed RnR.

## Your hosts: Colleen Parsons and Gordon Saunders

Colleen has spent many years cycling in this region. As a former ride-guide with the Elitewave.com cycling camp, now in its 23<sup>rd</sup> year, she knows the routes very well, and the challenges that come with them. No one will be left behind, ever.

Gord and Colleen will prepare delicious healthy meals for you so that you may enjoy your time, between training sessions.

**Note that if you have food related issues, we may not be able to accommodate you. Please be sure to discuss this with Colleen before you register.**

**Costs for Riders:** \$1975/pp + GST (\$500 +GST non-refundable deposit to hold your spot, remaining amount due April 1, 2018). For more information and to register: Please contact Colleen at 403-836-5833 or

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