



Spring 2014 Training Camp

Dear MNJRC Riders and Families,

Spring Training Camp is less than a month away. It's time to reserve your spot! Please review this notice carefully and respond by Thursday, April 3rd by replying to the email notice email. Please do not Reply to All.

Date: Friday, April 11 to Sunday, April 13

We expect athletes to participate from start to finish. If you have a scheduling conflict, contact Dag in advance to discuss. The cost is the same regardless of how many days you attend.

Location: [AmericInn Stillwater, 13025 60th St. N, Oak Park Heights MN 55082](#)

Cost: \$75 per rider.

All food, lodging, and fun provided for this low fee. Payment is due on or before Friday night.

Your bike must be ready to ride. You will not be allowed to ride if your bike or equipment is deemed unsafe

We expect to ride whatever the weather. See packing list below. Cold weather cycling clothing is a good investment.

In the event steady rain, snow, or extreme cold, we will ride indoors in an airplane hanger at Lake Elmo Airport. If you have a trainer, and the weather looks bad, bring it along.

The hotel has a pool. Be prepared to get wet.

Parent Reception starting at 6:00 pm on Friday.

Optional New Parent Orientation and Q & A at 6:30 pm.

Parent volunteers are needed. See page below.

If you have specific questions, please contact Dag (715) 220-7074 or Camp Director Mike Shaw (763) 258-6602.

We are looking forward to the event and hope for 100% participation.

Sincerely,

MNJRC Board of Directors

Schedule

Friday, April 11

5:30–6:30	Riders Arrive	Please EAT before you arrive. Dinner will NOT be served this evening. Upon arrival, 1) Give bike to Dag. 2) Check in with Mike Shaw and pay if not already done.
6:00	Parent Social/Reception in Conference Room	
6:30	New Parent Orientation/ Q & A in Conference Room	
7:30	The Rules of Racing	Bruce Hagerty – USA Cycling Official
8:00	Team Meeting	Team Building Exercises
9:30	Athletes in rooms	
10:00	Lights out	

Saturday, April 12

7:30	Breakfast	Food is available earlier for early risers!
8:00	Nutrition Seminar	Dr. Dan Barrett
9:00	Team Photo	Arrive in uniform!
9:30–12:00	Ride	Athletes will ride 20-45 miles depending on fitness.
12:00–1:00	Lunch	
2:30-4:30	Bike Handling & Crit	The Annual Denny Hecker Crit!
5:15	Leave for 5:30 Dinner at Chilkoot Cafe	Yes, it's all you can eat!
7:00	Fun Activity TBD	
9:00	Athletes in rooms	
10:00	Lights out	

Sunday, April 13

8:00	Breakfast	Food is available earlier for early risers!
9:30–12:00	Ride	Athletes will ride 20-50 miles depending on fitness.
12:00–2:00	Lunch	
2:00	Athletes Depart	Please pick up your athlete on time. Everyone will be tired!

Packing List

Bike (clean and ready to ride)
Clothes appropriate for weather
 Cycling Jersey and Shorts
 (2-3 sets, if possible)
 Heavy socks (several)
 Cold weather shoe covers
 Full-length tights
 Windproof jacket
 Gloves (1-2 pairs)
 Hat (1-2)
 Lightweight neck-warmer
Toiletries
2 tubes and CO2/pump for flat repair
2 water bottles and cages
Swimsuit
Casual Clothing

Seeking Parent Volunteers!

We need your help to make this a great experience. Please contact Mike Shaw if you are able to fulfill one or more of the following roles. All times are approximate.

Friday Rider Check-In	5:30 pm to 8:00 pm	Collect money, help with room assignments, etc.
Saturday Hotel Parent	10:00 am to 2:00 pm	Set-up, serve, and cleanup lunch
Sunday Hotel Parent	10:00 am to 2:00 pm	Set-up, serve, and cleanup lunch
Saturday and/or Sunday Sag Wagon	9:30 am to 12:00 pm	Drive vehicle, take pictures , and help in the event of a major mechanical. It would be best if you are familiar with Stillwater roads and have a cell phone (but not necessary).