


# LEADVILLE TRAIL 100 MTB CAMP

## Schedule OF EVENTS


### Thursday

11:00am - 2:00pm <b>Packet Pickup</b>	<a href="#">Leadville Race Series Store</a> 316 Harrison Ave. Leadville, CO
1:00pm - 1:30pm <b>Kickoff with Staff &amp; Guides</b>	Staff and Guide Introductions Introduce the Leadville Trail 100 Legacy Foundation with co-founders Ken Chlouber and Merilee Maupin
1:30pm - 2:30pm <b>Tackling “The Race Across the Sky” &amp; Everything in Between; How to Optimize for Success</b>	Lead by Pros, Rose Grant & Melisa Rollins Topics to include: Pacing, Hydration, Fueling, Altitude Considerations, Equipment/ Gear Considerations
2:30pm - 5:00pm <b>Descending Clinic Ride</b>	2.9 miles to a 2 mile loop with about 375' to refine those descending and cornering skills. <a href="#">Route</a> 
6:00pm - 8:00pm <b>Dinner</b>	<a href="#">Freight</a> 320 E 9th St. Leadville, CO 80461 <a href="#">Directions from retail store</a>
7:00pm - 7:45pm <b>Panel Featuring Leadville Veterans</b>	Rose Grant, Melisa Rollins, Roxanne Hall, Marvin Sandoval, Todd Murray and Scott Tietzel

### Friday

6:30am <b>Breakfast / Check-In</b>	<a href="#">Leadville Race Series Store</a> 316 Harrison Ave. Leadville, CO
7:30am <b>Rose &amp; Melisa briefing at Pipeline</b>	Note: Athletes & Guides will transport themselves to Pipeline
7:30am <b>Day 1 Ride</b> Pipeline to Columbine and back  Get ready to go up!	Note: Athletes & Guides will transport themselves to Pipeline <a href="#">Pipeline parking directions</a> <a href="#">Route</a> 
12:00pm - 3:00pm <b>BBQ Lunch</b>	BBQ Lunch at Pipeline with Silver Dollar Saloon
1:00pm - 3:00pm <b>Rose &amp; Melisa Q&amp;A</b>	Challenges, growing pains from the day and topics ranging from: pacing, hydration, fueling, gear, address questions about Saturday's ride
6:00pm <b>Dinner</b>	<a href="#">Tennessee Pass Cookhouse &amp; Nordic Center</a> 259 CR 29, Leadville, CO 80461 <a href="#">Directions from retail store</a>

### Saturday Last official day of camp

6:30am <b>Breakfast/Check-In</b>	<a href="#">Leadville Race Series Store</a> 316 Harrison Ave. Leadville, CO
7:00am-7:30am <b>Rose &amp; Melisa</b>	Reminders & Tips on the Day
7:30am <b>Day 3 Ride</b> LRS Retail store Pipeline & back	<a href="#">Route</a> 
1:00pm-3:00pm <b>Lunch with Rose &amp; Melisa &amp; all other Guides on the pavers</b>	Final Q&A with our Coaches and Guides Topics: recap Day 3 route challenges, key takeaways, and how to adjust training for the next 6 weeks at the <a href="#">Leadville Race Series Store</a>
6:00pm-8:00pm <b>Dinner</b>	<a href="#">Freight</a> 320 E 9th St. Leadville, CO 80461 <a href="#">Directions from retail store</a>
7:15pm-8:00pm <b>Crewing &amp; Tapering</b>	With Rose Grant, Melisa Rollins, Scott Tietzel and Todd Murray
8:00pm <b>Farewells</b>	<b>DIG DEEP!</b>
<b>Sunday</b>	
8:00am <b>Casual Shakeout Ride</b>	<a href="#">Leadville Race Series Store</a> <b>Sunday Singletrack Shakeout</b> *We are going nice and easy! This is a casual and fun shakeout on singletrack.