



## ADULT MINI CAMP

# Road Cycling Planning Guide

Welcome to Mini Camp! We hope you'll enjoy discovering areas by road bike and the breathtaking scenery and opportunities for adventure this allows. Magnificent vistas and thrilling descents - while sharing the ride with other Christian Scientists who also take great pleasure in cycling - are sure to deliver spiritual growth, camaraderie, and fun!

This program is open to all levels of road cyclists- we can support a route that will please and amaze! We will have a couple of road bikes on property this year for those interested in experiencing a day or two of cycling.

### **AVAILABLE ROUTES – most rides are flexible with shorter routes or extra miles**

- Back roads to Salida / Poncha Pass
- South Park / Hoosier Pass / Breckenridge
- Independence Pass – Twin lake Village to Aspen
- Tennessee Pass / Leadville Mineral Trail / Turquoise Lake
- Local Buena Vista county roads
- Cottonwood Pass / Taylor Park

### **TRAINING**

If you are planning to do the longer rides including the passes, you should have about 300 miles of riding this season (June – Aug.) Some of those miles should be climbing miles. The cycling will be much more enjoyable if a good investment is made in training. We suggest riding as often as possible and mixing climbing rides with distance rides. Ed is happy to discuss training.

### **WEATHER**

There will be a variety of weather. We anticipate warm days and cool nights, with the possibility of thunderstorms. We ride in Colorado with a vest, removable arm and leg warmers and we carry a light jacket in our seat bag or banana pocket. A wrinkle coat or light rain jacket is essential.

### **BIKE EQUIPMENT**

Make sure your road bike is well tuned and maintained. We suggest a professional tune-up before you come unless you normally do all your own maintenance. Please equip your bike seat bag with everything you would normally take on a long day ride.

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## GEAR AND CLOTHING – for longer pass rides

### Mandatory Gear

- Patch kit
- Spare tube
- Frame pump
- Tire changing tools
- Allen wrenches
- 2 water bottles with 2 mounted bottle cages - or equivalent hydration pack
- Seat bag for carrying spare tube, patch kit, tire changing tools, allen wrenches etc.

### Mandatory Clothing

- Helmet
- Jersey
- Cycling shorts
- Cycling gloves
- Vest and/or windbreaker
- Lightweight rain jacket

### Recommended

- Cycling shoes
- Long fingered gloves
- Lightweight tights or leg warmers
- Arm warmers
- Rear facing flashing red light

## GEAR AND CLOTHING – for local rides

### Mandatory


- 1 water bottle or equivalent hydration pack
- Helmet
- Windbreaker or lightweight rain jacket

Let us know if you need help flying with your bike or shipping, packing and/or renting a bike (there will be 3 road bikes at the ranches – by availability).

Contact ride leaders with training & equipment questions:

Ed & Jeni Sammons:  [sammonss@gmail.com](mailto:sammonss@gmail.com)  503.939.3419 (Ed)  503.939.3437 (Jeni)

Contact The A/U Ranches with accommodation & transportation questions:

 719.395.2468 or 888.543.4849