



## ADULT MINI CAMP

# Road Cycling Planning Guide

Welcome to Mini Camp! You will enjoy discovering the area by road bike with breathtaking scenery and opportunities for adventure including thrilling descents, spiritual growth, camaraderie, and fun while sharing the road bike experience with others in the greater Christian Science community.

This program is open to all levels of cyclists with routes that will please and amaze! There will be a couple of gravel bikes on property to borrow for those interested in experiencing a day or two of cycling (by availability).

### **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, 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. Ride leaders are happy to discuss training – see contact info below.

### **WEATHER**

There will be a variety of weather with cool to hot days, with the possibility of thunderstorms. The best way to ride in Colorado is with a vest, removable arm and leg warmers and carry a light jacket in your seat bag or banana pocket. A light rain jacket is essential.

### **BIKE EQUIPMENT**

Make sure your 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 with two bottle cages, hand pump and a seat bag with everything you would normally take on a long day ride.

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## GEAR AND CLOTHING – for longer pass rides

### Essential Gear

- 2 water bottles with 2 mounted bottle cages or equivalent hydration pack
- seat bag that includes a spare tube, patch kit, tire changing tools, allen wrenches
- frame pump

### Essential Clothing

- helmet (required)
- cycling 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

### Essential


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

**Contact ride leaders if you need help flying with your bike or shipping, packing and/or renting a bike** (there will be 2 loaner gravel bikes at the ranches, by availability).

Contact ride leaders with training & equipment questions:

Ed & Jeni Sammons:  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