



## **FAQs Regarding Cadence Cycling & Multisport Camps**

1. Does Cadence provide airport pick up?

Yes, from local airports. Pick-up times will be determined based on dates and locations of camps.

2. Is hotel included in the price of the camps?

Typically the price of the hotel is not included. However, in some cases the price will be all inclusive. We will announce accordingly.

3. What is Cadence's cancellation policy?

If adequate attendance is not met 2 weeks prior to start of the camp, Cadence reserves the right to cancel. Athletes will be refunded the entire cost of Cadence's camp fee, excepting airfare, which shall remain the responsibility of the athlete.

4. What is covered during the camp?

Camps will include any combination of training rides, swimming sessions, and runs all designed to drastically enhance the athlete's performance. Included will be drills to improve technique and efficiency, bike handling, muscular strength, aerobic fitness, anaerobic capacity, strategy, pacing, power, climbing and sprinting skills. Field tests to determine proper personalized training zones will also be conducted at most camps.

All camps will conclude with a debriefing to assist the athlete with their on-going training program. This debriefing will include an assessment of the individual's strengths and weaknesses, and will suggest specific exercises to facilitate the growth of the athlete. Personalize heart rate and wattage zones will also be provided so the individual will train properly long-term.

5. Is breakfast included in cost of camp?

Yes.



6. Are massages included in the cost of the camp?

Massages are not included in the cost of the camp but can be arranged in advance.

7. What time should departures be scheduled?

The earliest departure in the evening of the last day of the camp will be determined based on the schedule of each individual camp but in no case should departures be scheduled for earlier than a 7 p.m. flight. If an earlier departure is necessary it will be the athlete's responsibility to make their own travel arrangements to the airport.

8. What is the maximum number of athletes for each camp?

The maximum number of athletes will not exceed 12 athletes and the ratio of coaches to athletes will not be greater than 1 coach per every 4 athletes.

9. Where do we meet on the first day of the camp?

The first meeting point for all camps will be noon in the hotel lobby unless otherwise noted.

10. Will a mechanic be on hand?

A mechanic will be on hand to look after normal up-keep and general maintenance during the camp but the athlete is expected to arrive with a bike in clean and good working order. Athletes should also include extra tubes and a hand pump (note that CO2 cartridges are not allowed on commercial flights!).

Note that for some camps the mechanic will be installing PowerTap wheels and Wattage meters if your bike is not already so equipped. Please be sure to let us know what group (Shimano, Campagnolo, or SRAM) you currently ride and whether it is 8, 9, or 10 speed.



11. What level of athlete do I need to be to attend a Cadence camp?

Cadence camps are designed to accommodate all levels of cyclists and multisport athletes.

For additional information, please phone Cadence and ask to speak with one of our coaching staff. We can be reached at 1-8PRO-CADENCE.