

Program Director: **Ben Clark**
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Assistant Coach:es **Hadley & Tim Nylen**

XC Devo June 2010



XC Development June 2010 Schedule of Events

Key: **HH** - Howelsen Hill
MW - Mt. Werner
TH - Base of Thunderhead Lift
MTB: Mountain Bike
RR - Road Ride

June 2: TC #1: Marabou XC. Got your legs under ya? Hopefully, cause this course is deceptively challenging! A long climb and twisty descent will keep you on your toes all evening!

June 9: SSWSC Training Race #1: Crit #1: C'mon out and race till you're dizzy! Crazy fun...for a road race! Race your race early, then watch the big boys duke it out!

June 12: Go watch the WORLD ELITE PROS in Colorado Springs, OR go race in Winter Park. Two Sweet, fun weekend activities!
www.epicsingletrack.com

June 17: Trailwork Day: Bring burly gloves lots ' water, and some lunch while we work to make SS Singletrack even sweeter!

June 23: TC #2: Thunderhead Hillclimb. That's right; from the bottom of the gondy to the top! NOT for the faint of heart!

June 24: (LATE START) Bring your ski pass so we can rock gondy laps with some local pros who will help us kill it on the downhill!

June 25 - 27: MSC #3: The Wildflower Rush. Get on it! This course will pit formidable trails against powerhouse climbers--which you all should be by now! USAC Nat'l Championship Qualifier! www.racemsc.com

June 30: Town Challenge #3: This rippin' single-track course will rock you! Course climbs and descends the great trails on Emerald Mountain!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Races/ Events to consider	2	3 Town Challenge #1: Marabou XC	4 Parent & Athlete Meeting: 6 PM @ Olympian	5	
6	7 RR/HH 9 - 11 Road Fundamentals & Course Inspection	8	9 SSWSC Training Race: Critrium	10 MTB/HH 9 - 11 Skills Day & Spinning Technique	11	12 UCI XC in Colo. Spgs. Winter Park Hill Climb
13	14 MTB/MW 9 - 11 Course Inspection & Race Tuning	15	16 Town Challenge #2: Thunderhead Hill Climb	17 MTB/HH 9 - 11 Climbing & Descending	18	19
20 Father's Day--Take Dad on a Ride!	21 RR/HH 9 - 11 Road Fundamentals & Course Inspection	22	23 SSWSC Training Race: Marabou Circuit Race	24 MTB/MW 10 - 12 Descending Day #1--Gondy Laps!	25	26 Mountain States Cup: Wildflower Rush XC
27	28 MTB/HH 9 - 11 Course Inspection & Race Tuning	29	30 Town Challenge #3: Emerald XC			

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MTB: Mountain Bike Ride
RR - Road Ride

July 1: Trail Work Day #1: Bring your work gloves, lots o' water, and lots o' food as we buff out some Emerald singletrack!

July 4: Have you ever ridden your bike down Lincoln Ave. without cars? Now's your chance!

July 7: SSWSC Training Race #2: the River Road TT. Launch yourself across this mostly flat course, then blast up the Hilton Gulch hill to complete a quick 10k course!

July 9-10: This race is the State Championships for 2010! Let's Rock it as a team!

July 14: TC #4: Sunshine Loop: The premier race of the Town Challenge series! Obviously, we'll see ya there!

July 15: Tubing Day! (LATE START) We'll float the Yampa as a team and enjoy some mellow fun in the sun! Bring a tube or \$ for a rental!

July 16 - 18: USAC National Championships! You GOTTA race others to qualify, but YOU GOTTA DO IT! This will be awesome!

July 19-25: Rest week. Take the family vacation, chill out, ride with friends, or just enjoy some time out of the saddle.

July 28: TC #5: Tonight's race will take you on another adventure around Emerald Mountain!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 MTB/HH 9-2 Trail Work Day #1	2	3
4th of July-- Ride in the Parade in your SSWSC Team kit!	5 RR/HH 9 - 11 Course Inspection & Race Tuning	6	7 SSWSC Training Race #4: River Road Time Trial	8 MTB/HH 9 - 2 Trail work Day #2	9 Travel to Snowmass: Course Inspection @ 3 PM	10 Mountain States Cup Race: Blast the Mass
11	12 MTB/TH 9 - 11 Course Inspection & Race Tuning	13	14 Town Challenge #4: Sunshine Loop	15 TUBING DAY! HH 10 - 12	16 USAC Nationals @ Sol Vista	17 USAC Nationals @ Sol Vista
18 USAC Nationals @ Sol Vista	Rest week..kick it & ride mellow!					24
25	26 RR/HH 9 - 11 Course Inspection & Race Tuning	27	28 Town Challenge #5: Emerald XC	29 MTB/HH 9 - 11 Skills Day	30	31 Races/ Events to consider

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XC Devo August 2009



XC Development August 2009 Schedule of Events

Key: **HH** - Olympian @ Howelsen Hill
MW - Mt. Werner Base
TH - Base of Thunderhead Lift
MTB: Mountain Bike Ride
RR - Road Ride

August 1: Crankwerks Cross Country Race. Not a must do event, BUT it might be fun, and you could watch the gravity gang rip it up afterwards!

August 8 - 9: MSC #6: Blast the Mass. This phenomenal race runs competitors all around Snowmass Mountain and onto the *sweet* Government Trail! Get after it!

August 25: Bike Broomball. Bring an old broom and a beater bike and we'll play an epic round of bike broomball--you'll LOVE it!

August 27: Course inspection & whatnot on THURSDAY this week!

August 29 - 30: MSC #7: The Copper Cup. A new stop on the MSC circuit, this race will challenge your endurance *and* your technical skills. BONUS: Make the weekend a stage race by competing here after racing the last Town Challenge race of the year! Yee Haw!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 RR/HH 9—11 Road Fundamentals & Course Inspection	3	4 SSWSC Race #5: Criterium	5 MTB/HH 9—11 Spring Creek	6	7 Mountain States Cup: Keystone Revival
8	9 MTB/MW 9—11 Course Inspection & Race Tuning	10	11 Town Challenge #6: Storm Peak Challenge	12 MTB/HH 9—2 Long Ride: Dumont Lake & the Divide Trail	13	14
15	16 MTB/HH 9—11 Bike Broomball	17	18	19 MTB/MW 9—11 Course Inspection & Race Tuning	20 Town Challenge #7: Mt. Werner XC	21 Mountain States Cup: Full tilt in Telluride
22	23 RR/HH 4—6 Course Inspection	24	25 SSWSC Race #6: Rabbit Ears TT	26	27	28
29	30	31				