



**Kathy Watt Cycling
Bright Mountain Camp
March 2010: “Reach your Peak”**



Date: March 5th (arrive)
March 6th, 7th & 8th (riding)

Place: Bright VIC.

Rides: **3 days**

Sat – Mt Hotham

Sun - Happy Valley loop including Tawonga Gap

Mon – Mt Buffalo

Included in the weekend:

Accommodation

3 nights – Fri 5th - Sat 6th - Sun 7th

March 2010.

Best Western High Country Motor Inn

13-17 Great Alpine Road, Bright, Vic.



All Meals:

Breakfast each riding morning

BBQ lunch Sat / Sun

Buffet dinner Sat / Sun

Gifts:

Small gift pack on arrival & Framed photo of camp



Support vehicles for groups (includes first aid and water and fruit for the rides).

Please note BYO supplements to add to water including gels etc. Discounts on gels, electrolyte & recovery drinks will be offered to all riders.

Seminars/Group Presentations:

***Kathy Watt –Olympic Gold & Silver medallist**

will show a video & talk about what it took to win the Olympics-the mental & physical preparation.

****Carey Hall* (Olympic Gold Medallist coach and represented Australia on Road & Track)**

will talk about improving your technique and skill for all types riders, from sprinters to hill climbers to track).

***Group cornering and braking lesson:**

Learn how to brake and corner with confidence for riding safely in traffic.

***Louise Davoren (Physiotherapist, Top 10 Hawaii Iron woman Triathlete & Commonwealth Games Cycling Gold medallist)**

will discuss the importance of core stability for cyclists and run a practical session for all camp participants.

***Louise will also take an active recovery session in the pool after one of the rides.**

Carey Hall will be moving among all the groups during the rides with valuable input/tips for climbing, descending, technique & improvement.



All levels of fitness catered for with a variety of distances and difficulty. With groups having different start times to try & ensure everyone arrives at the summit as close as possible.

Prior to the camp a group ride will be organized to grade riders and to meet you fellow participants.



Limited to 49 riders

5 single rooms

22 twin / double

Cost \$750

Twin / Double

Cost \$895

Single



Full payment required to reserve your spot.
Hurry, as a good time will be had by all.

For further info contact Carey Hall

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