

ELITE ENDURANCE TRAINING CAMP: HELEN, GA

MARCH 6-13



elite
endurance
TRAINING SYSTEMS

**RIDE MANY OF THE SAME EPIC ROADS
FEATURED IN THE FAMOUS TOUR DE GEORGIA!**

- Come enjoy 7 beautiful days of fully-supported riding in some of the most scenic roads in America...
- Lodging includes ALL meals, laundry, WI-FI, 7 bedrooms, 6.5 baths, hot tub, pool, pool table, tennis court, yoga.
- Training Camp will involve different rides everyday, focusing on specific skills: cornering, climbing, descending, pacelining, interval training, sprinting, "bridging to the break," cadence work, Fitness Testing.
- All rides lead by experienced cyclists and professional athletes. Rides are fully supported with sag wagon driven by mechanic. Deluxe sag wagon will have wheels, food, and equipment necessary to fix any mechanical.
- Post-ride sessions include: review of power files, ride prep, Fitness Test analysis, on-the-bike nutrition lectures.
- Bikes will be cleaned and maintained by certified mechanic.
- Massages will be offered. Professional yoga and tennis sessions also available post-ride, free of charge.

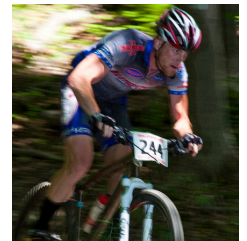
*Compare to Max Testa 6-day Camp at **\$2350** or CTS 3-day Camp at **\$1000**, and food NOT included...*

***7-day Elite Endurance Training Camp includes all meals, travel, flight, bike & luggage transportation:
\$1,850***

Contact Kenneth Lundgren (Coach@EliteEndurance.com, 201.951.4732) or Gavriel Epstein (gavi.epstein@gmail.com, 201.562.0872)

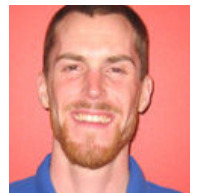
STAFF:

Kenneth Lundgren: professional cycling coach for Elite Endurance Training Systems, expert road, MTB, and cyclo-cross racer
Gavriel Epstein: professional cyclist for Garmin-Transitions
Laura Winberry: professional mountain bike and cyclo-cross racer
Nicholas Salerno: USA Cycling-certified licensed mechanic and bicycle technician



Kenneth Lundgren is a professional cycling coach and bike fit specialist for Elite Endurance Training Systems, a coaching service that offers training programs for cyclists and triathletes of all levels.

Ken also races for the Northeastern Hardware Cycling Team and is one of the area's top time trialists, this year winning 7 time trials, as well as the overall in the Time Trial Cup. Northeastern Hardware is one of New England's strongest elite squads, competing in many of the area's Pro/1/2 events. The team has won the Garden State Cup for six consecutive years and looks to make it seven straight next year.



Ken can be reached at (201) 951-4732 or Coach@EliteEndurance.com.

"Discover your potential – be ELITE."