

Yosemite Cycling Camp 2020



Wednesday

You can get to Bass Lake at anytime you want, but the rooms will not be ready until 4-5pm. There will be 2 pre-ride times where we will have a mentor lead a ride around the lake. If you get here in time to ride, sweet. But its optional, you are a big boy and can make that choice for yourself. Ride one, ride both, ride none. But the rides will leave on time at 1 pm and 3 pm.

- 1pm** - Pre-game ride #1
- 3pm** - Pre-game ride #2
- 5pm** - Check in to your room
- 6pm** - Dinner at the house
- 7pm** - Circle of bro bonding

yart bus schedule

FAT (Fresno Airport) | 5:37 AM | 7:50 AM | 10:00 AM | 12:40 PM

CANT MAKE THIS? WE WILL ARRANGE A CAR FOR PICK UP AT 3PM

yarts.com

DID YOU SHIP YOUR BIKE?

we will build her up for you and get her dialed



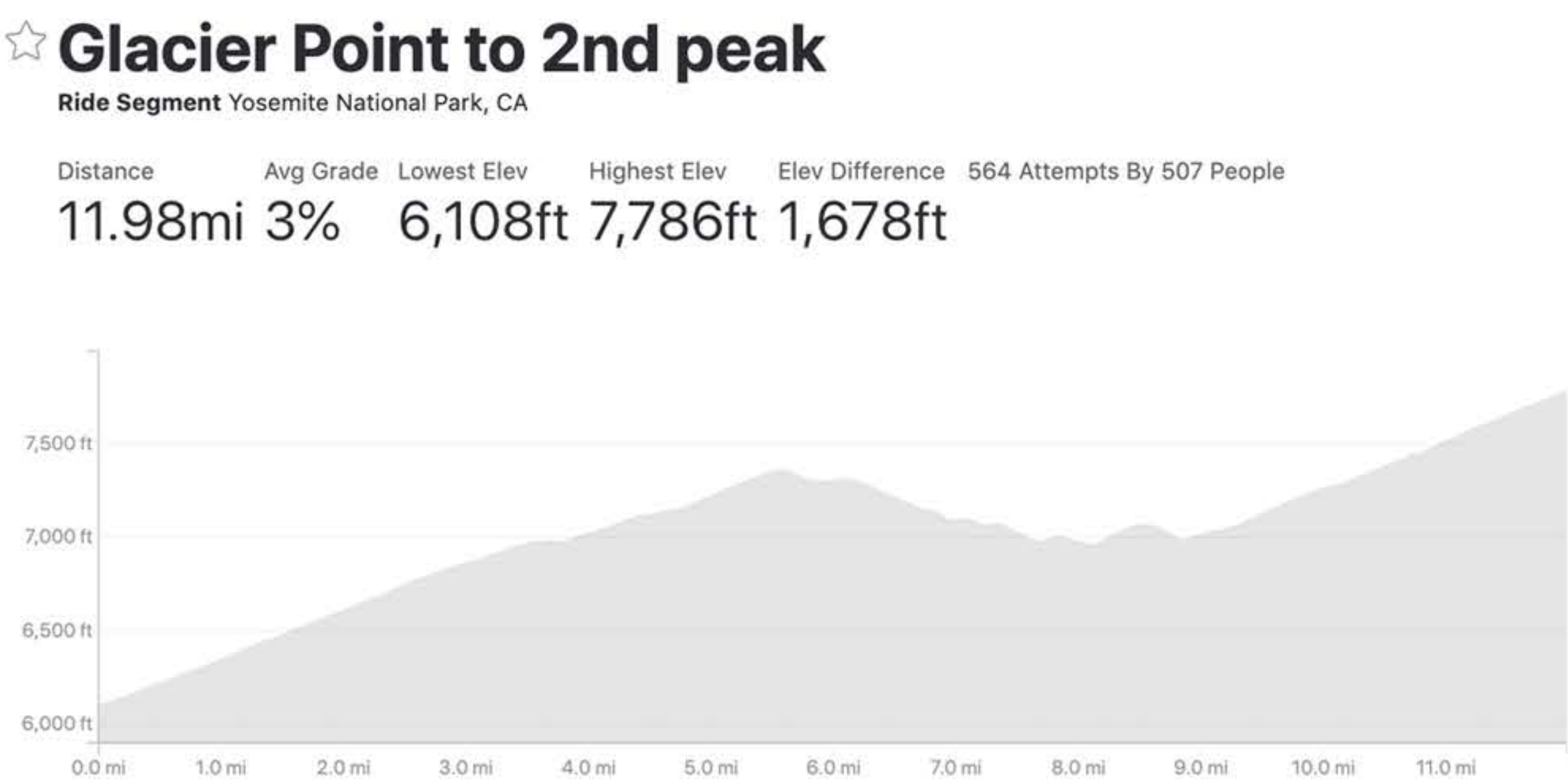
Thursday

This is the day you came to camp for. We will carpool to the Wawonna Hotel and start there. The day starts with an hour long climb before descending into the valley and going through tunnel view. We will group up at tunnel view for pictures and OOOOOS and AAAAWWWS.

Next is an easy spin around the valley where you break your neck looking at all the insane views. Lunch will be served in the valley about 2 hours into the ride.

After lunch we climb over 4k ft to Glacier Point. We will break the climb up into two sections, but this is a lot of climbing. A second lunch will be waiting for you at the top of Glacier. We will snap some steazy pics and then there is OVER AN HOUR OF DESCENDING SO DOPE!

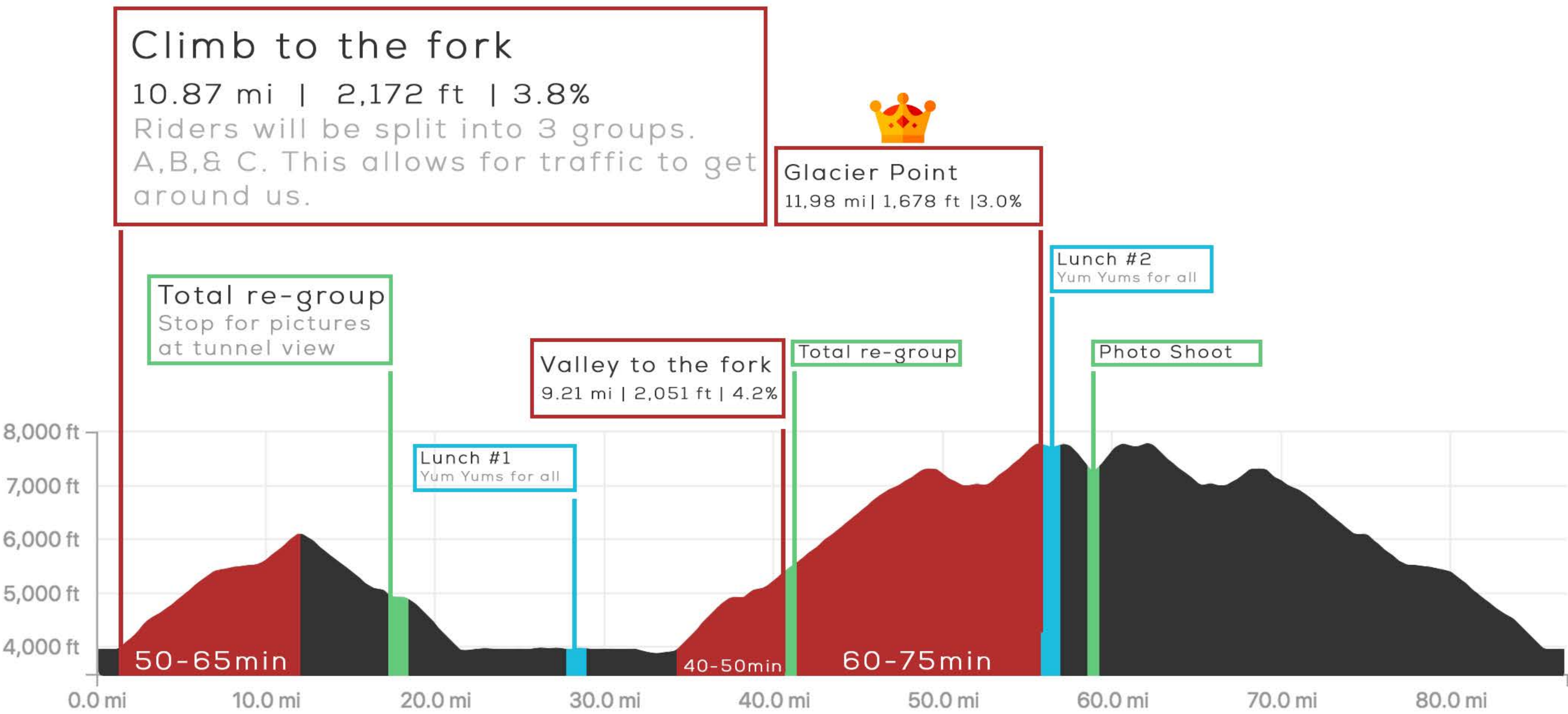
- 7am** - Breakfast
- 7:30** - Yart bus to YSP
- 9am** - Wheels down
- 11am** - Lunch #1
- 3pm** - Lunch #2
- 5pm** - Yart bus to Bass
- 6pm** - Dinner
- 8pm** - Life Seminar



Yosemite Valley + Glacier Point

86.85mi | 8,284t | 6hrs | 🏴‍☠️🏴‍☠️🏴‍☠️🏴‍☠️🏴‍☠️

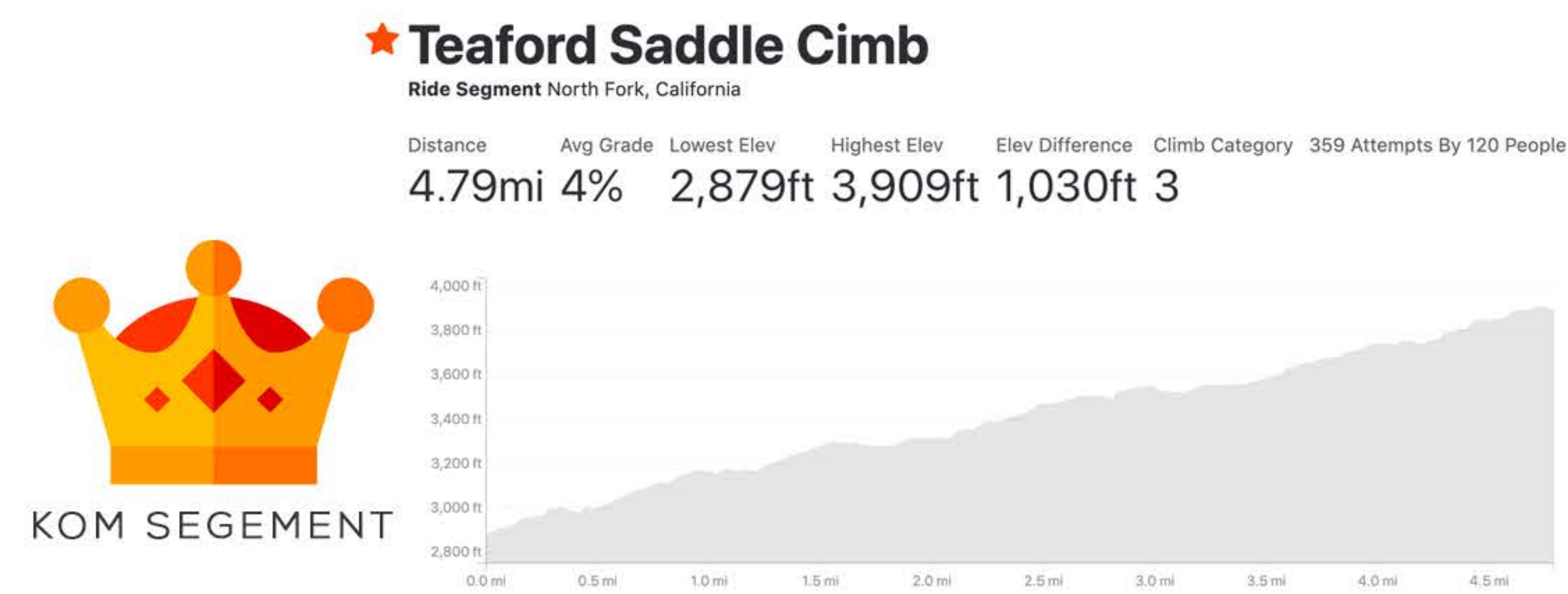
There are really only 2 climbs on this ride, but one is about an hour, and the other is 2 hours plus. The valley will be warm, but at Glacier it will be cold as balls. So throw a jacket in the sag van for later.



Friday

Friday will have 2 riding sessions. A 2 hour skills clinic will kick off the day of riding followed by lunch and then the proper ride.

- 10am - Skills clinic
- 12pm - Lunch
- 2pm - Ride around the lake
- 6pm - Dinner



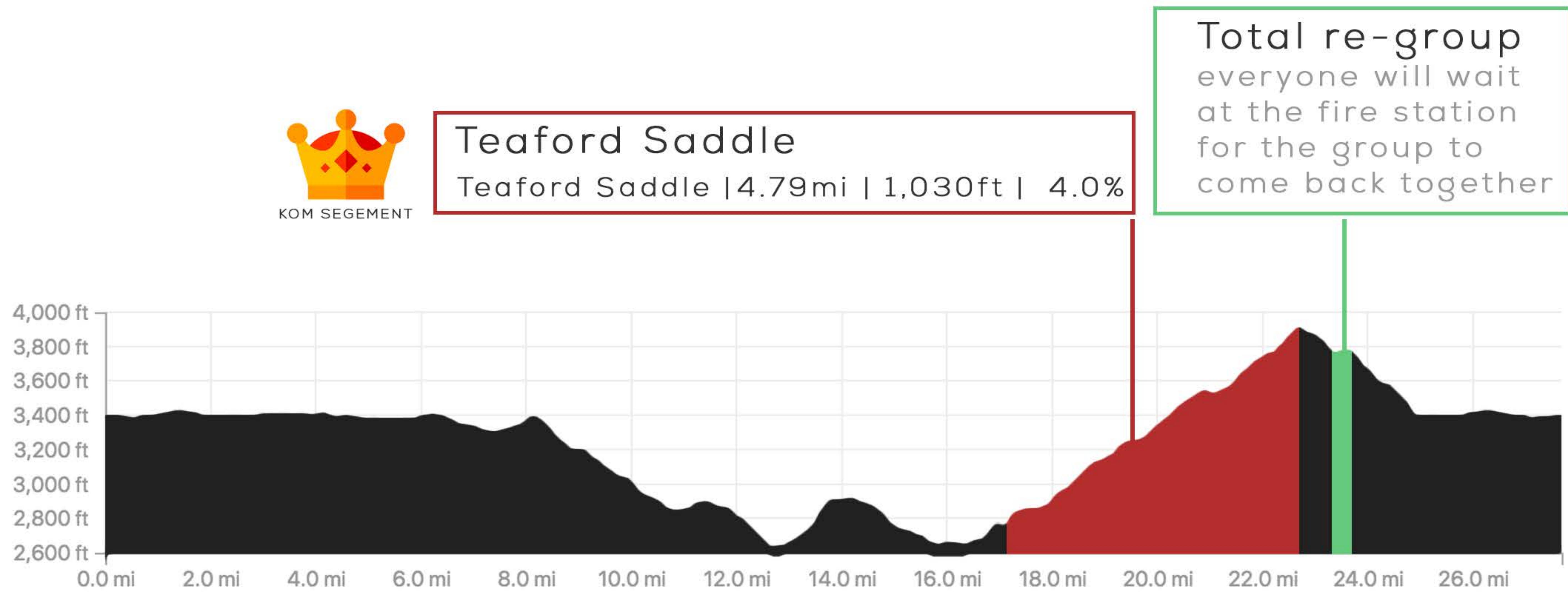
Skills Clinic - A recap on all skills needed for camp

- Pase line** - Learning to ride in a group
- Protecting the wheel** - Learning how to stay safe in a group
- Bump drills** - Slow, controlled shoulder bumping
- Descending** - Taking tight turns and proper descending skills

Spin around bass lake

27.68mi | 2,010ft | 2hrs | 🏴‍☠️🏴‍☠️🏴‍☠️🏴‍☠️🏴‍☠️

This is a very easy spin around the lake. We will stop for coffee and muffins and chill before heading to the KOM challenge segment. A bonus ride option will be offered to anyone who wants more.

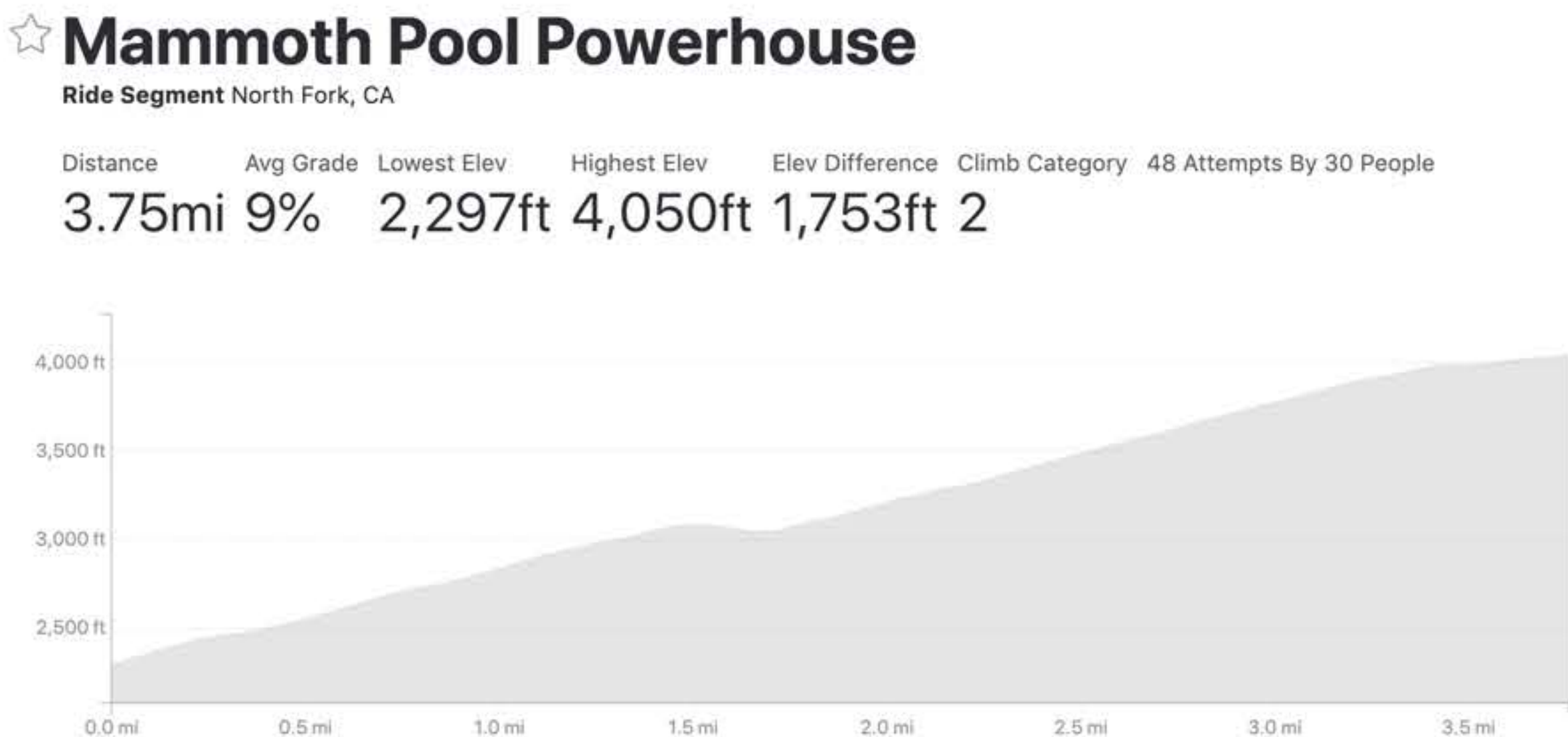


Saturday

The first 18 miles of this ride is pretty much downhill, so enjoy it while it lasts. Becuase its gets NASTY with climbs ALL DAY after the downhill. We hit the first climb of the day which is around 30-40min and overlooks the san juaquin river. We have a quick regroup and then drop down to the river. This descent is NOT FUN. The road is not really a road, its torn up bad, so be cautuios. BUT DOOOODE...The pay off is UNREAL.

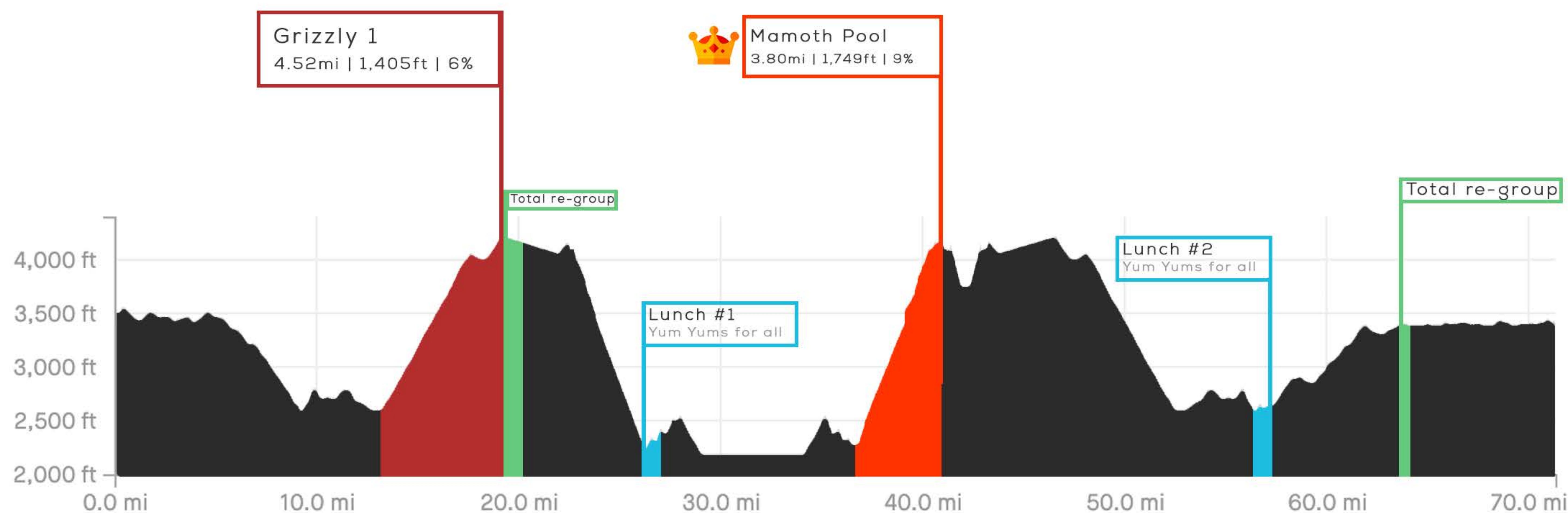
We stop at one of the greatest waterfalls you will have ever laid eyes on. Plus the road getting to it is closed to trafic and is the best part of this trip. Its mind blowing. But this route is FUKIN hard, so save it for the end, you will need it to get home. Massage therapists will be waiting for you at the house to rub out those sore legs.

- 7am - Breakfast
- 8am - Wheels down
- 12pm - Lunch #1
- 2pm - Lunch #2
- 5pm - Dinner
- 7pm - Massages



Waterfalls, Caves, and Girzzly Bears

71mi | 8,678ft | 7hrs | 🏴‍☠️🏴‍☠️🏴‍☠️🏴‍☠️🏴‍☠️

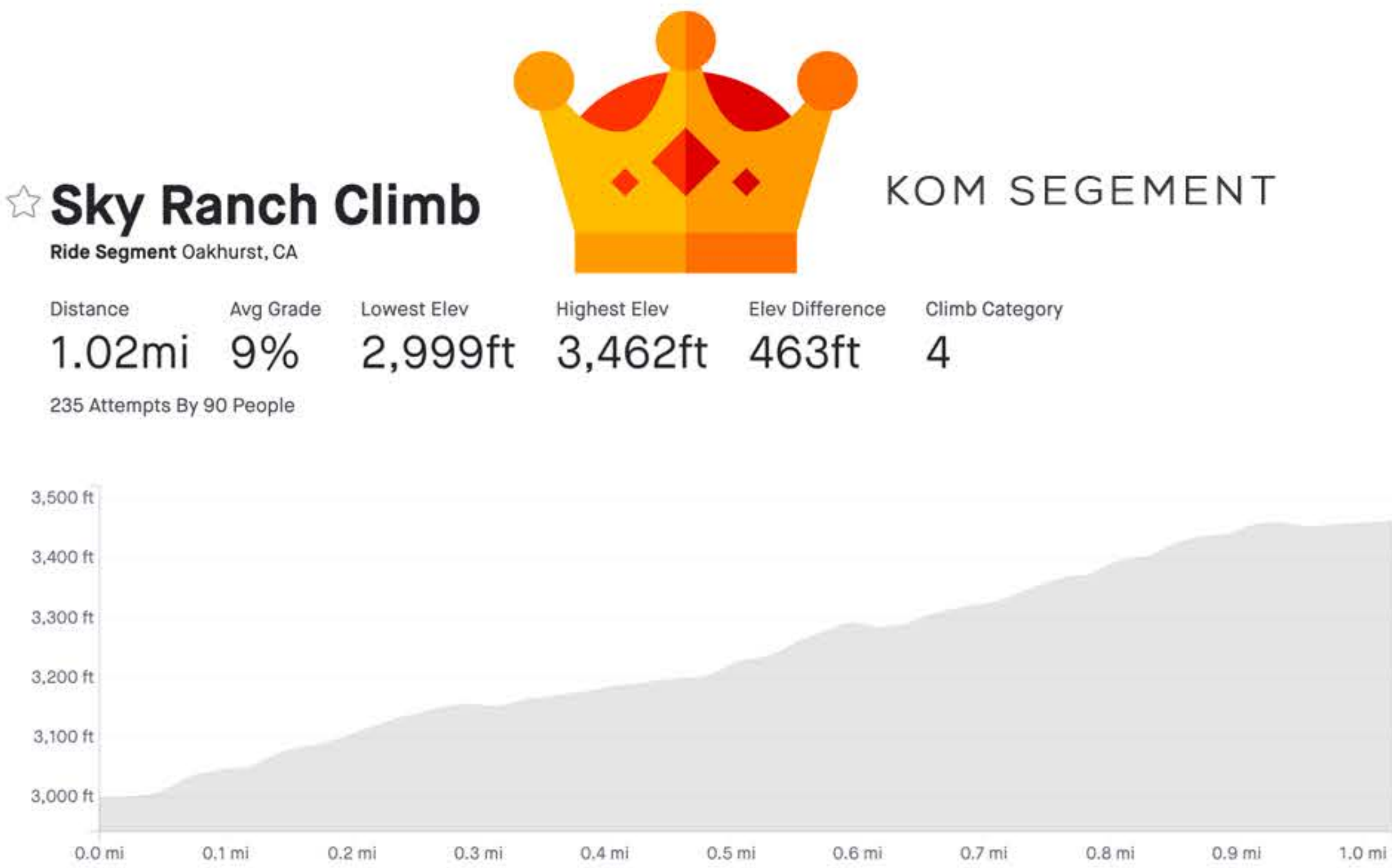


Sunday

The legs are tired, so we will start the day with an optional seminar by Tim Woo. You don't have to participate in this, but it will give you something to use when your home. A pancake breakfast is next up on the agenda which will be amazing! Then we will head out for the last ride of the week, it will start with a nice descent followed by a pretty steep climb up to some gravel roads.

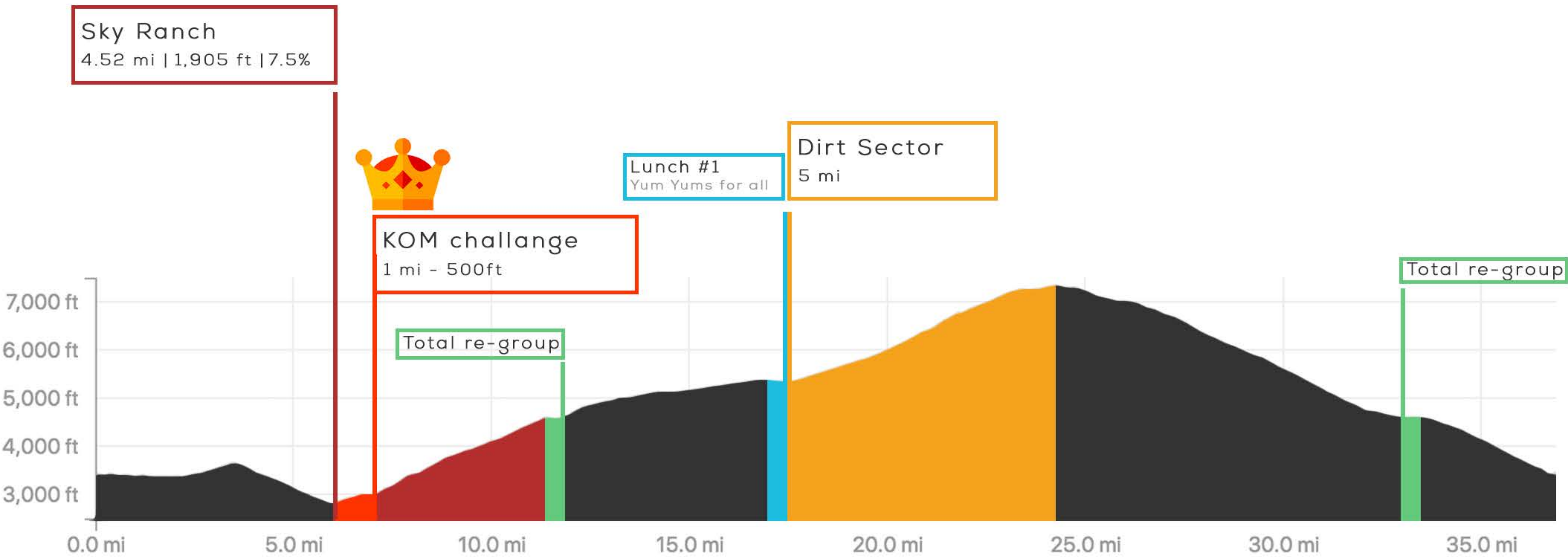
Lunch near a barn and then some gravel to connect us to Beasure rd where you can either call it a day, or climb up as far as the road is open. The descent on Beasure is a must do, it's great.

- 7:30** - Tim Woo Seminar
- 9am** - Breakfast
- 10am** - Wheels down
- 12pm** - Lunch #1
- 5pm** - Dinner on the lake
- 7pm** - Hang out sesh



Gravel & waterfalls

39.61mi | 5,554 | 5hrs |  



Monday

You dont have to go home, but you cant stay here. Time to pack it up and head back to reality. A simple breakfast will be provided but check out is 10am, so we need to get everything cleaned up and out of the rooms by then.

The yart bus will be making rounds back to Fresno Airport if you are flying. If you drove, you can leave anytime you wish.

- 8am - Breakfast
- 10am - Check out

yart bus schedule
leaves bass lake for Fresno at 11:23am
DO NOT MISS THIS BUS

yarts.com

DID YOU SHIP YOUR BIKE?
we will break her down for you and get her shipped back



KOM CHALLENGE

Each of the 4 days has a one segment that will count towards your overall time on the KOM challenge. It will be broken into 2 classes, Category 1,2,3 racers, and anyone else. You don't have to participate in this, but if you like to measure the pee pees, this is your chance.

The time is kept through strava, so you can go through the segm whenever and your time will be counted at the end of the day. A phy will be awarded to the winner in each class. I recommend starring the segments if you have strava live segments on your computer.



day 1

☆ Glacier Point to 2nd peak

Ride Segment Yosemite National Park, CA

Distance Avg Grade Lowest Elev Highest Elev Elev Difference 564 Attempts By 507 People
11.98mi 3% 6,108ft 7,786ft 1,678ft

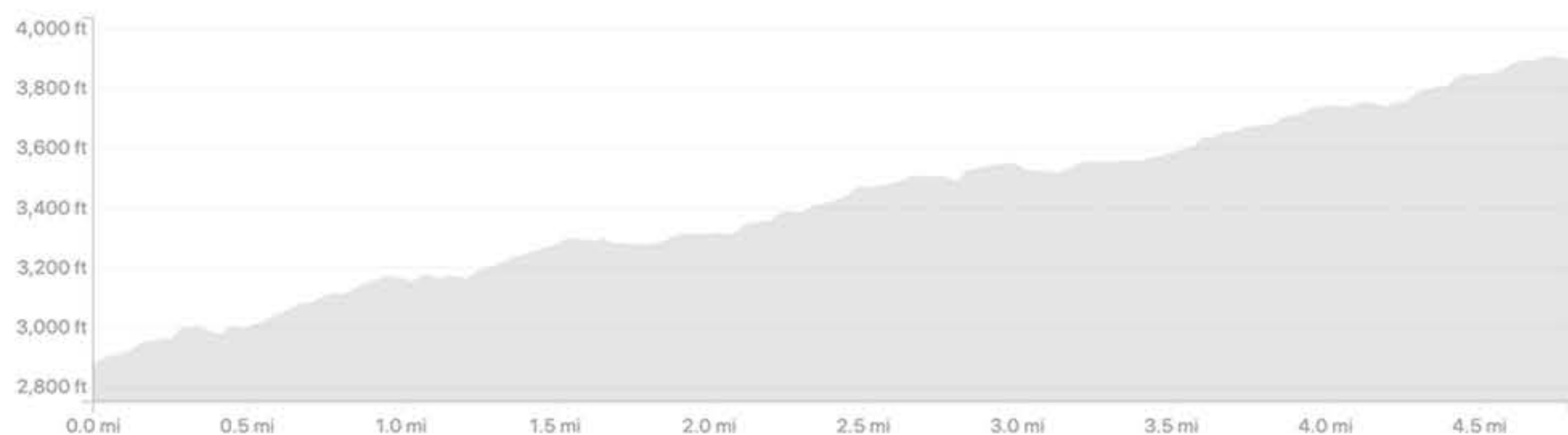


day 2

★ Teaford Saddle Cimb

Ride Segment North Fork, California

Distance Avg Grade Lowest Elev Highest Elev Elev Difference Climb Category 359 Attempts By 120 People
4.79mi 4% 2,879ft 3,909ft 1,030ft 3



day 3

☆ Mammoth Pool Powerhouse

Ride Segment North Fork, CA

Distance Avg Grade Lowest Elev Highest Elev Elev Difference Climb Category 48 Attempts By 30 People
3.75mi 9% 2,297ft 4,050ft 1,753ft 2



day 4

☆ Sky Ranch Climb

Ride Segment Oakhurst, CA

Distance Avg Grade Lowest Elev Highest Elev Elev Difference Climb Category
1.02mi 9% 2,999ft 3,462ft 463ft 4
235 Attempts By 90 People



Mentors



Tim Woo
Cat**2** Climber

Tim is a cycling specific physical therapist and an absolute WIZARD with them bands. He has worked with some of the best cyclists in California and will be our resident ass strengthening guru.



Chaz Turmon
Cat**1** Climber

Chaz will steal your KOM, he will talk casually to you when you are banging in the red and cant breath, Chaz will give you backhanded compliments like "YOU DID GREAT!, I only beat you by 5 min this time"

But Chaz knows A LOT bout the new tech and training tools, and is a great asset.



Travis Longfellow
Cat**3** young buck

Travis is an up and coming cycling star. He is only 12 years old, but he rides like he is at least 13.

He has put in the work to compete at the highest level and is a great addition to the YCC staff.



Terence JR
Cat**2** old guy

Terence is the oldest and most wisest of the Mentors. He was racing back when the wheels were square and made of stone.

Terence is a wealth of knowledge and will be able to help anyone with anything they may need.



TJ Eller
Cat**2** Foodie

Extremly handsome and level 29 vegan, TJ is going to be helping make sure the food is not only delsius, but super vegan.

He is a great rider and all around stand up fella.



Vegan Cyclist
Cat**6** FamousAF

How do you not know me BRO? I am so super famous with so many subs I could start my own navel fleet. I cant ride worth a dam but I can edit any footage to make me look PRO AS FUK!

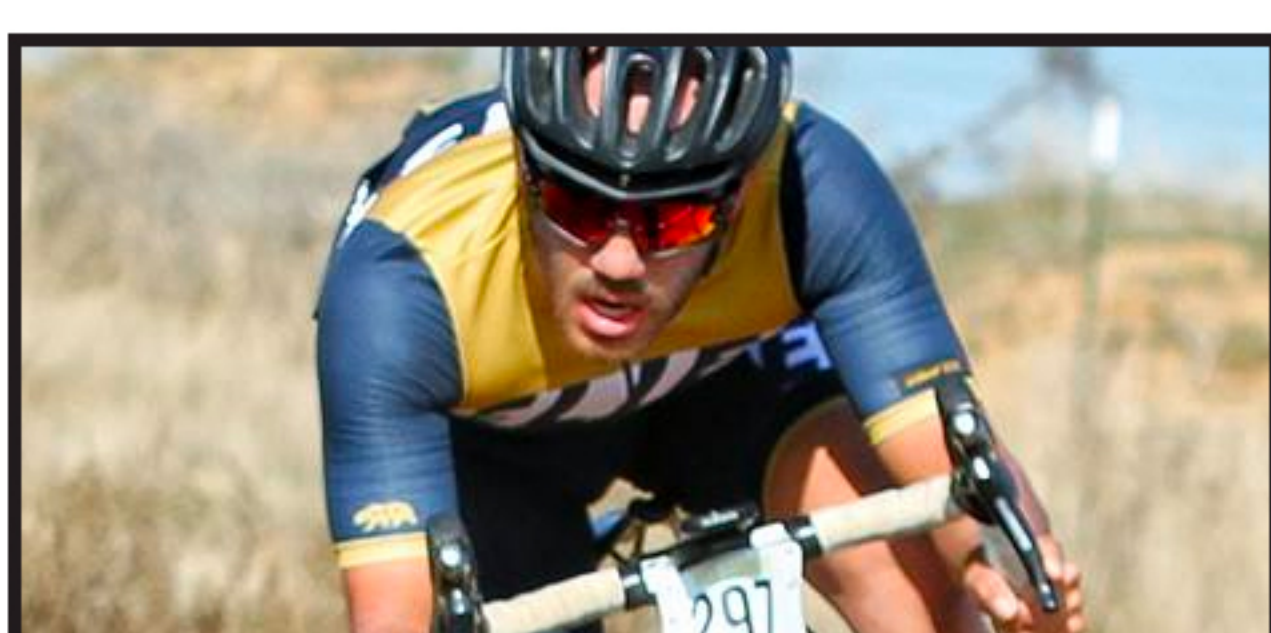
I know PHIL GAIMON, like, we text n stuff. Yea...I am so super famous, its amazing to be me. *Make an APT to speak to me*

The Help



Kristin Pearce I dont ride bikes

Kristin will be cooking most of the meals that you are eating. So dont piss her off, she has been known to add a little EPO to your food, you feel GREAT, but then she informs USADA and gets you busted. You lose all respect and become friends with Lance Armstrong because your dirty, filthy DOPER!



Elieel Cycling life savers

Jordan and Jamie will be running the sag for the camp under the Elieel brand. Their stoke level is through the roof and the camp couldnt be ran without them. Elieel is the offical clothing sponsor of the YCC camp. If you need your balls to be taken care of, they have the bibs to your balls want.



YouBro You is helpin

Pick up after yourself, dont hog the bathrooms, dont be an asshole to others, and help anyone riding the struggle bus. That honestly would be a huge help.

MAIN MEALS

Every meal will be fully prepared for you by the lovely wives of some of the mentors. Kristin and Heather will have your meals ready in the main house every morning and night with lunch being served out on the rides.

Here are some ideas of what you can expect to eat, and if you need a dead animal on your plate, there is a general store 0.1 mi from the house.

Breakfast

Fresh Fruit
Hash browns
Oatmeal
Breakfast Burritos
Smoothies

SUNDAY MORNING SPECIAL | VEGAN WAFFLES

Lunch

Black Beans
White Rice
Roasted Potatoes
Gels & Bars
PB&J
Vegan Sushi
SIS hydration

Dinner










Burgers / Fries / Veggies
Pesto Pasta / Roasted Potatoes / Veggies
Tacos / Spanish Rice
Chil / Corn Bread / Roasted Veggies
Tempura Cauliflower / Rice
Beyond Meat Sausage on pretzle buns

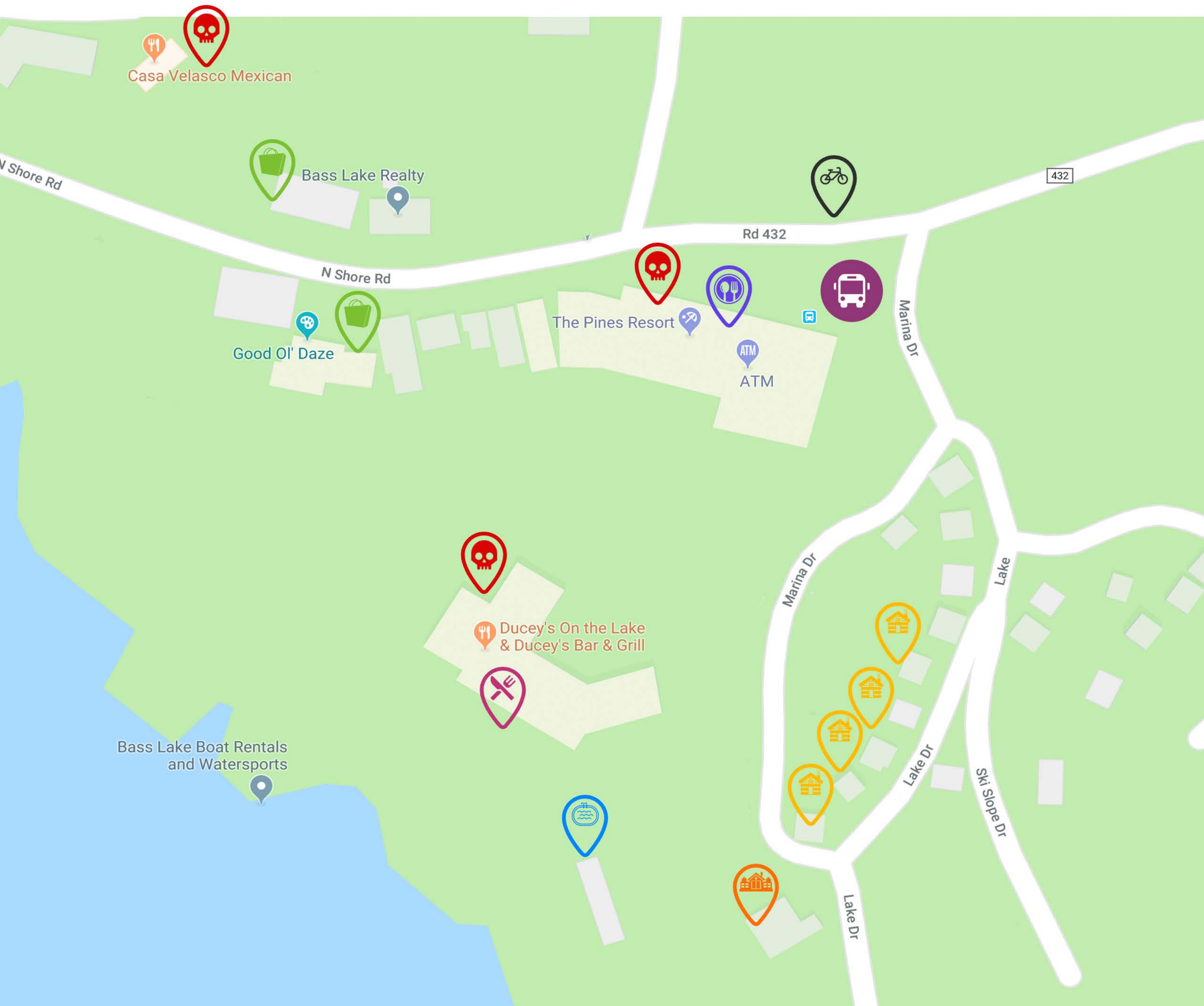
SUNDAY DINNER SPECIAL | DINNER ON THE LAKE

HOUSING

This is a map of the Pines Village. There is everything you need here all within a walk. If you need personal care items you smelly AF you can swing by the general/grocery store. And there are super cute little shops if you want a souvenir.

You should never be hungry, but if you need something special, there are a few places to get dead animals or little snacks n stuff. Main meals will be served at the house and other group hangouts as well.

-  yart bus
-  dead animals
-  pool/spa
-  grocery store
-  cabins
-  main house
-  Stores/shopping
-  Sunday Dinner
-  Rides start here



SAG SUPPORT

ELIEL Cycling offers up the BEST SAG ever. Feel free to use them as much as you want. But SHIT HAPPENS, we will do the best we can to make sure if you have a mechanical that we either fix or get you on a rig that works. Below are some services you can expect from sag.



WHEELS

- * Sag will have full sets of wheels in case fixing the flat is not possible
- * Sag will have tubes, air, and spare rubber for you.

BIKE

- * Sag will have 2 spare bikes but they may not be the best fit for you, but just in case
- * The local bike shop has rentals for \$100/day if you absolutely need it

GEAR

- * Bring all sorts of gear and stash it in the van, its always nice to have a jacket or a vest
- * Bring at least 2 full kits

GENERAL ETIQUETTE

These are some general rules of etiquette that we need to follow. Everyone is trying to have a good time so dont be a dick and ruin it for others. That would be super weak, so dont, and read this.

RIDING

- * This is not a race....CHAZ! We are here to take in the ride and learn some things. IF YOU ARE SUPER STRONG and make it to the top first, turn around, go back down and give the back of the pack some company.**
- * DO NOT TAKE RISKS! There is no reason to flex on a bro and go full Sagan mode down a hill or bunny hop a log or some shit. Keep it safe dude, keep it chill.**
- * Encourage your fellow campers as the fitness levels will vary. We all need a little pat on the back from time to time.**
- * When riding in the group protect your front wheel, pay attention, and stay safe.**
- * Dont be a dick and ride in the middle of the road the whole time. There are cars so lets be kind and give them time to pass.**
- * Dont ride over your head (for too long). Its fun to stay with a stronger group, but dont go out and crack your self 10 mins into the ride.**

HOUSING

- * Remember you are sharing this experience with others, so share the space.**
- * Feel free to EAT/DRINK everything, if we run out, let a staff know and we will restock.**
- * Dont be hella dirty, clean up after yourself and keep it tidy.**
- * Keep your gear in one area, dont leave a sock in the kitchen and your bibs on the couch.**

PERSONAL

- * If you drink alcohol (BEER PROVIDED), dont get crazy. If you start a fight and break hella shit, your out. You will be responsible for housing and getting your drunk ass home.**
- * Feel free to explore the area, BUT DONT BE LATE to the start of the rides. We CANT leave for a ride until everyone is there and ready.**
- * If you have any other personal needs or conditions, let a staff know and we can help.**

TRAINING/FITNESS

This camp has A LOT of steady climbing, so getting the right fitness can help improve your enjoyment of camp.

TRAINING

- * **1 hour Sweet Spot** (Ride at 85-95% of FTP for 1 hour, warm up 20 min with 10 min spin down)
- * **2-3 hour Endurance** (Ride low zone 1 for 2-3 hours with NO STOPS, keep pressure on pedals)
- * **20 min Threshold** (2 x 20 min at what you could hold for an hour, 10min rest in between)
- * **Ride A LOT** (If you can, try to put in 10+ hours 2 weeks before camp.)
- * **Come In Fresh** (6 days before camp you should still ride, but keep it light. No big rides)

FITNESS

This is not a race, but the main climbs are long so you need to be able to climb for 1 hour without stopping. It doesn't have to be fast, but steady. Being able to recover fast is a big help as well.

Spin as much as you can to not blow out your legs in the first few miles, running a high cadence can help save your legs for the final few pitches.

Sag will be on hand to help you if you crack. Jump in the van, take a nap, recover, get back out on the road.