

Yosemite
Cycling
Camp
2021



We ride the bikes

In the pretty places

So the joy in us fills

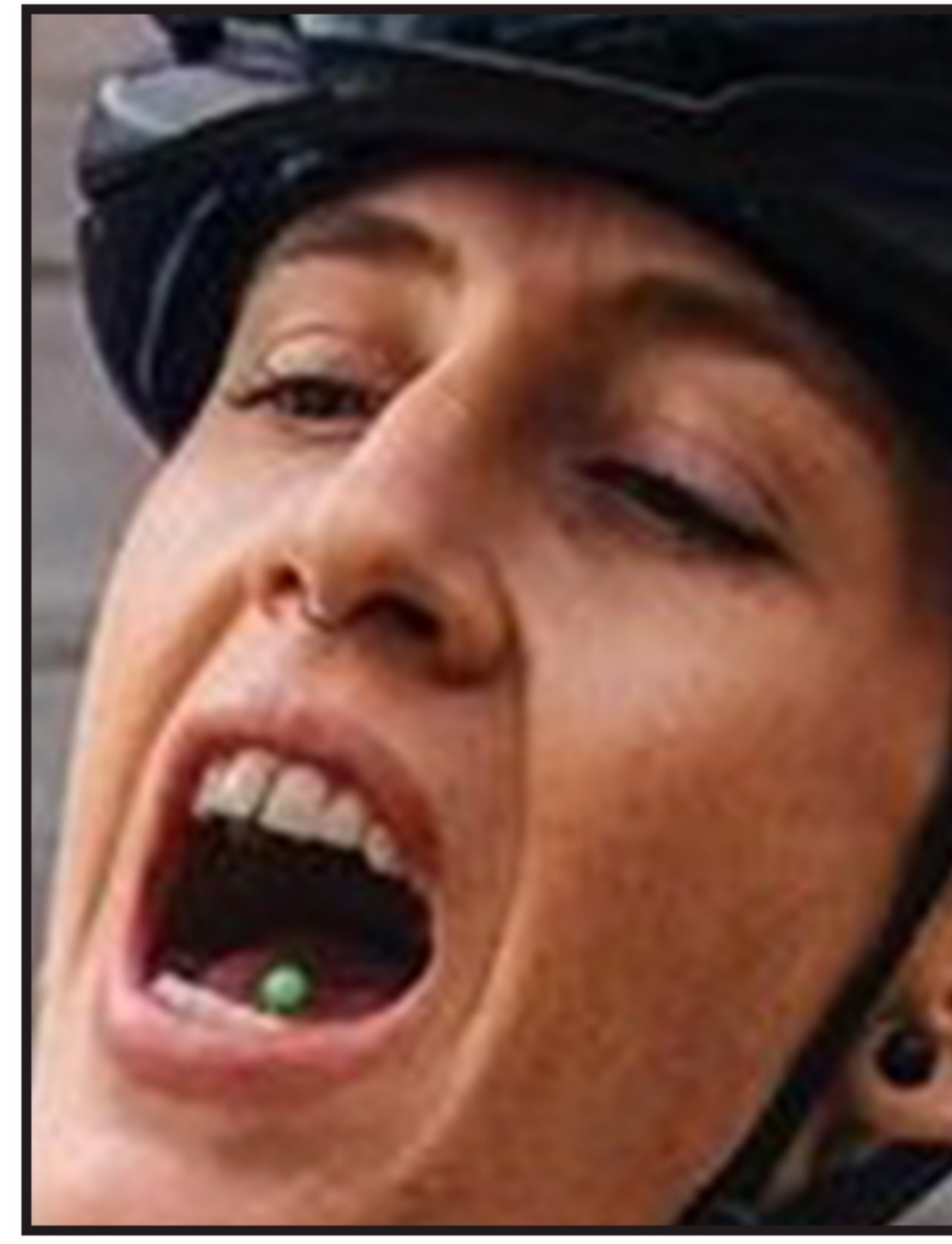
To put smiles on our faces

Mentors



Tim Woo
Cat1 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.



Paige Redman
Cat2 Ultra

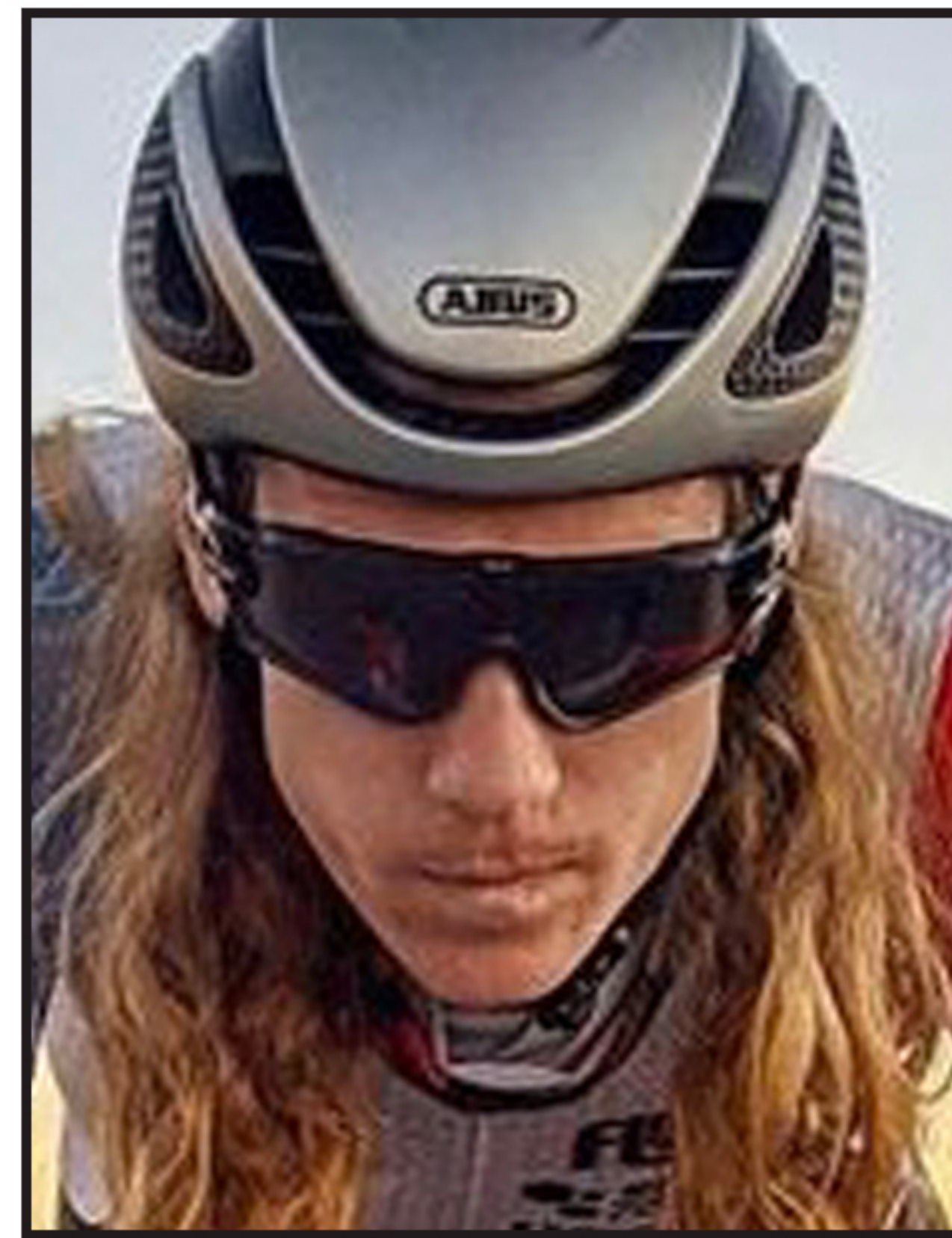
Paige is a certified bad ass, she is the current ULTRA DISTANCE gravel world champion. She will chick the fuk out of you so don't feel bad when she flys by you on her second lap of the Yosemite Cycling Camp.



Travis Longfellow
Cat69 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.



Sam Junge
Cat1 Superman

Sams hair holds the power of a small nation, just a snippet of his locks could cure world hunger. Sam is our in house mechanic and will help you with any bike related issues. Don't touch his hair though, only the chosen ones can be so lucky.



TJ Eiler
Cat2 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
Cat6 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!

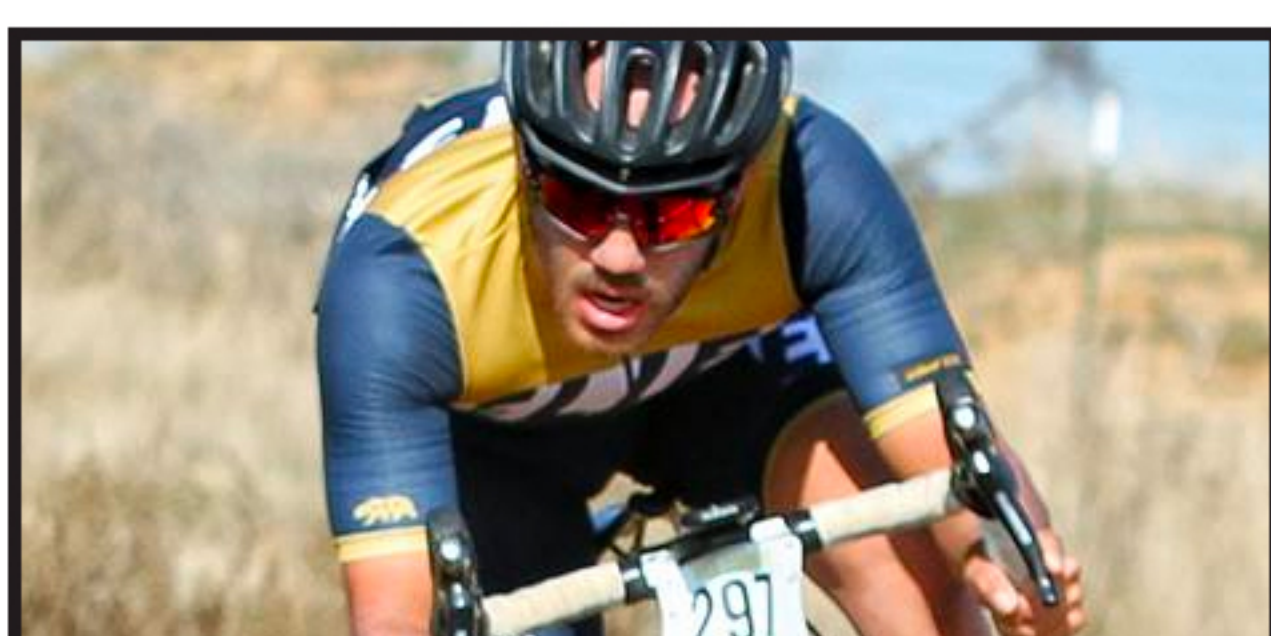
I know PHIL GAIMON, like, we text n stuff. Yea...I am so super famous, its amazing to be me. *Make an APT to speak to me*

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 TJ of TJ's vegan kitchen. Support cooking will be done by Kristin & Tyler.

ALL meals & snacks are 100% vegan. Any allergy sensitive foods will be placed on the side and can be added by you. If you must punch a cow in the face, you can walk to the pines and order food there anytime.










Wednesday 9/22	Dinner	Baked mac n cheese with breadcrumbs (homemade cheese sauce and breadcrumbs)	Roasted veggies (assorted) Salad Garlic bread
Thursday 9/23	Breakfast	Blueberry Maple Overnight Oats	Fruit: Strawberries, canteloupe, blackberries, bananas Hashbrowns Nut butters, raisins, seeds
	Lunch	Cucumber Avocado Sandwiches (Packaged) Option: PB&J sandwich	With sprouts, mild chipotle sauce Snack: Chocolate date oat bar
Friday 9/24	Breakfast	Mini Vegetable Omelettes. Mini soyrizo burritos	Home fried or other potatoe Berry smoothies
	Lunch	Chickpea Roll Ups + Jalepeno Lime Slaw	Some snacks on the side White rice beans
	Dinner	Mushroom Stroganoff (pasta)	Roasted veggies (assorted) Grilled Corn Salad
Saturday 9/25	Breakfast	PB&J Baked Oatmeal	Yogurt & granola? What other sides can go with this?
	Lunch	Yogurt and granola? Could potentially replace with sushi rolls	White rice Chips and other snacks
	Dinner	Lentil Bean Burgers	Smashed potatoes Roasted veggies (assorted) Salad
Sunday 9/26	Breakfast	Pancakes and Cinnamon French Toast	Fruit salad Sausages
	Lunch	Pita Pockets with hummus	White rice Chips and other snacks
	Dinner	Pizza party	Toppings Roasted veggies (assorted) Salad

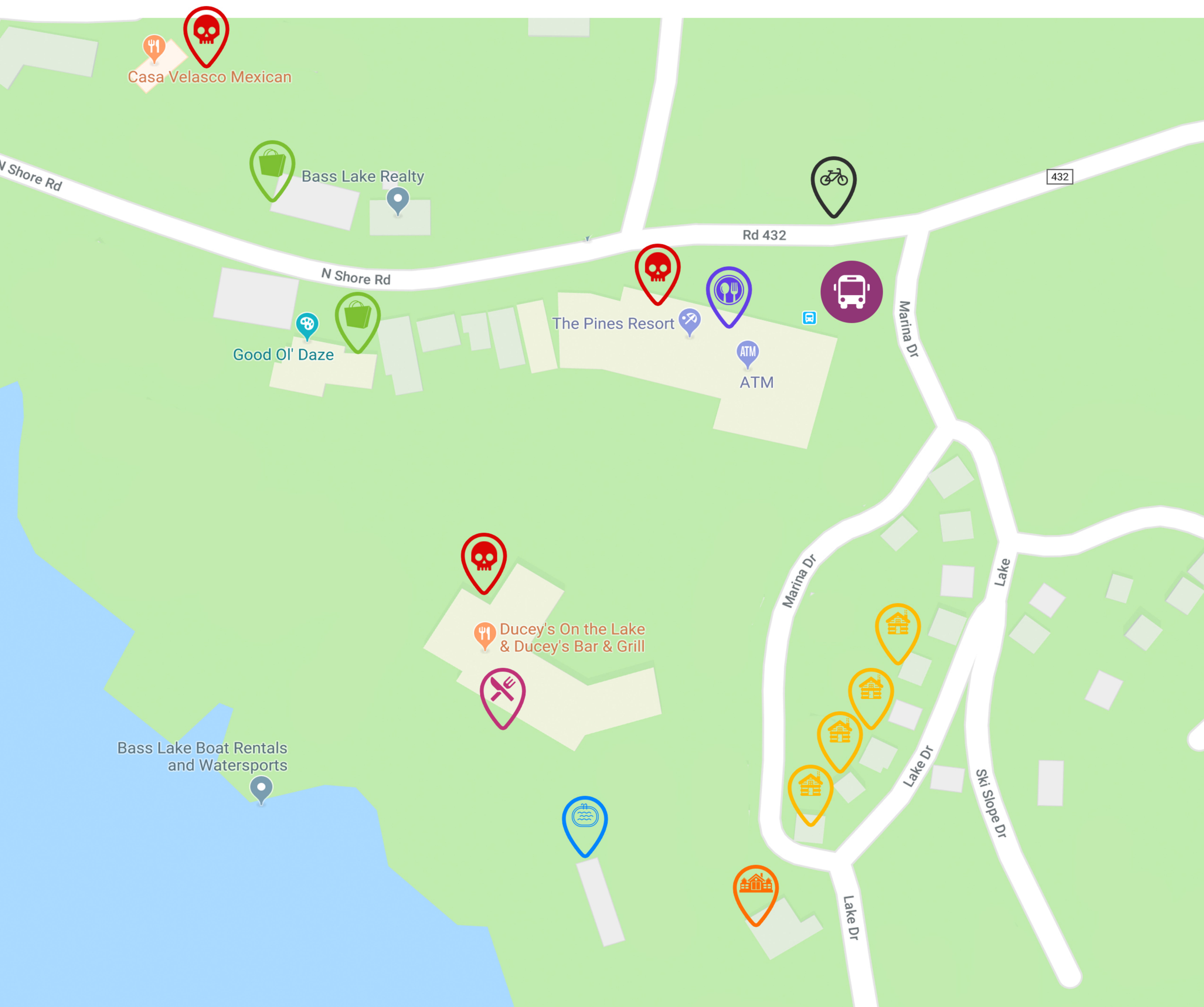


HOUSING

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



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. We are here to take in the ride and learn some things. IF YOU ARE SUPER STRONG and make it to the top 1st, 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, 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.**

Wednesday

You can get to Bass Lake at anytime you want, but the rooms will not be ready until 4-5pm. There is no riding on this day, as we are letting everyone have time to get here and settle in. We will have dinner and we will bond and get to know each other.

4pm - Check in to your room

6pm - Dinner at the house

7pm - Circle of bro bonding

yart bus schedule

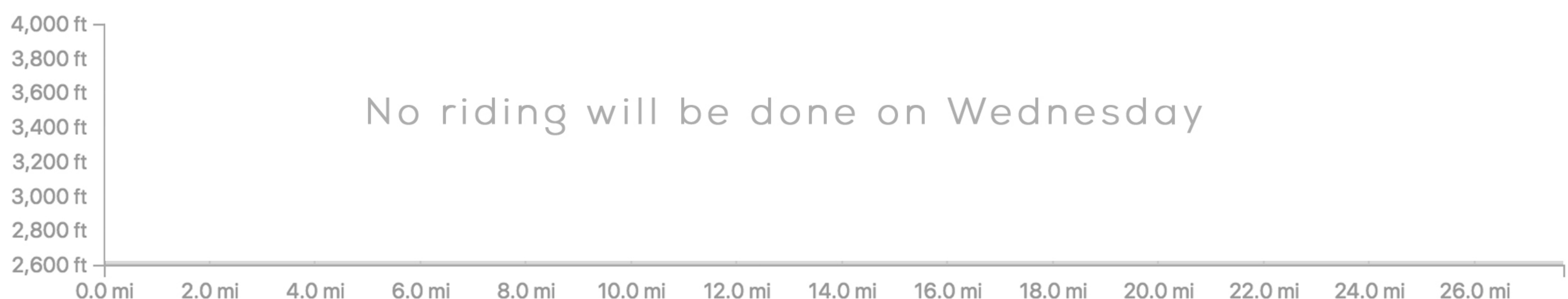
FAT (Fresno Airport) | 5:37 AM | 7:50 AM | 10:00 AM | 12:40 PM

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

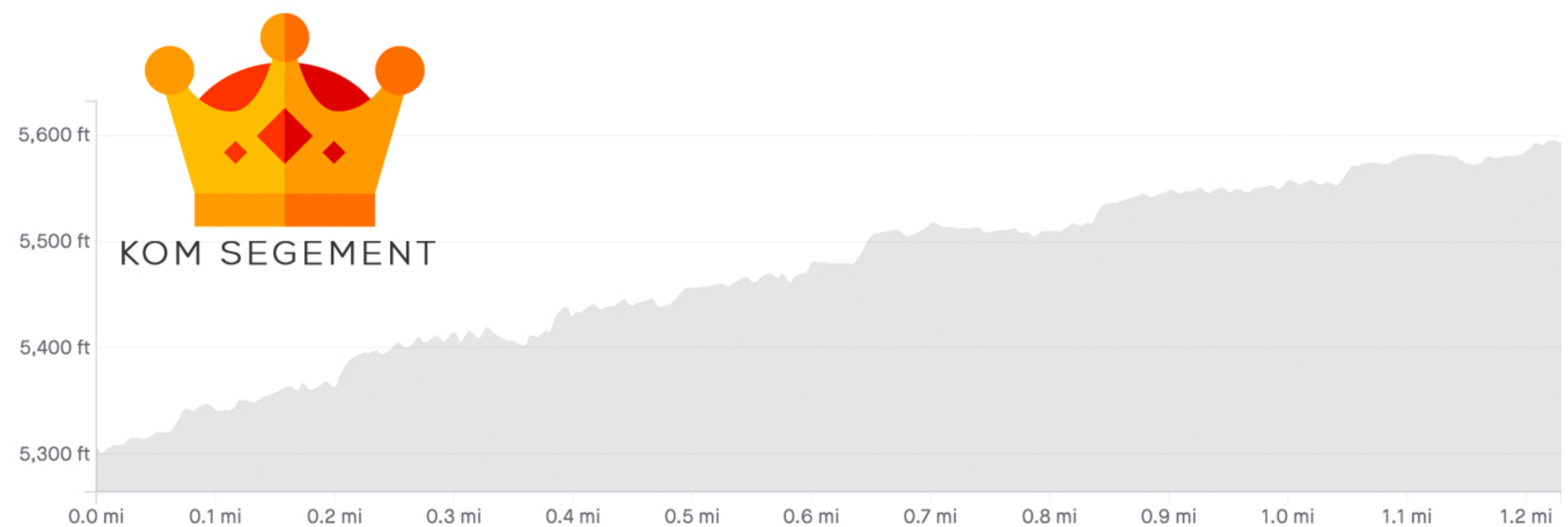
This is the day you came to camp for. We will carpool to the Wawonna Hotel and start there. The day starts with an hour long climb before descending into the valley and going through tunnel view. We will group up at tunnel view for pictures and OOOOOS and AAAAWWWWS.

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 steezy pics and then there is OVER AN HOUR OF DESCENDING SO DOPE!

- 7am** - Breakfast
- 8am** - Parking Lot
- 10am** - Wheels Down
- 1pm** - Lunch
- 3pm** - Lunch #1
- 7pm** - Dinner
- 8pm** - TJ's Food Seminar

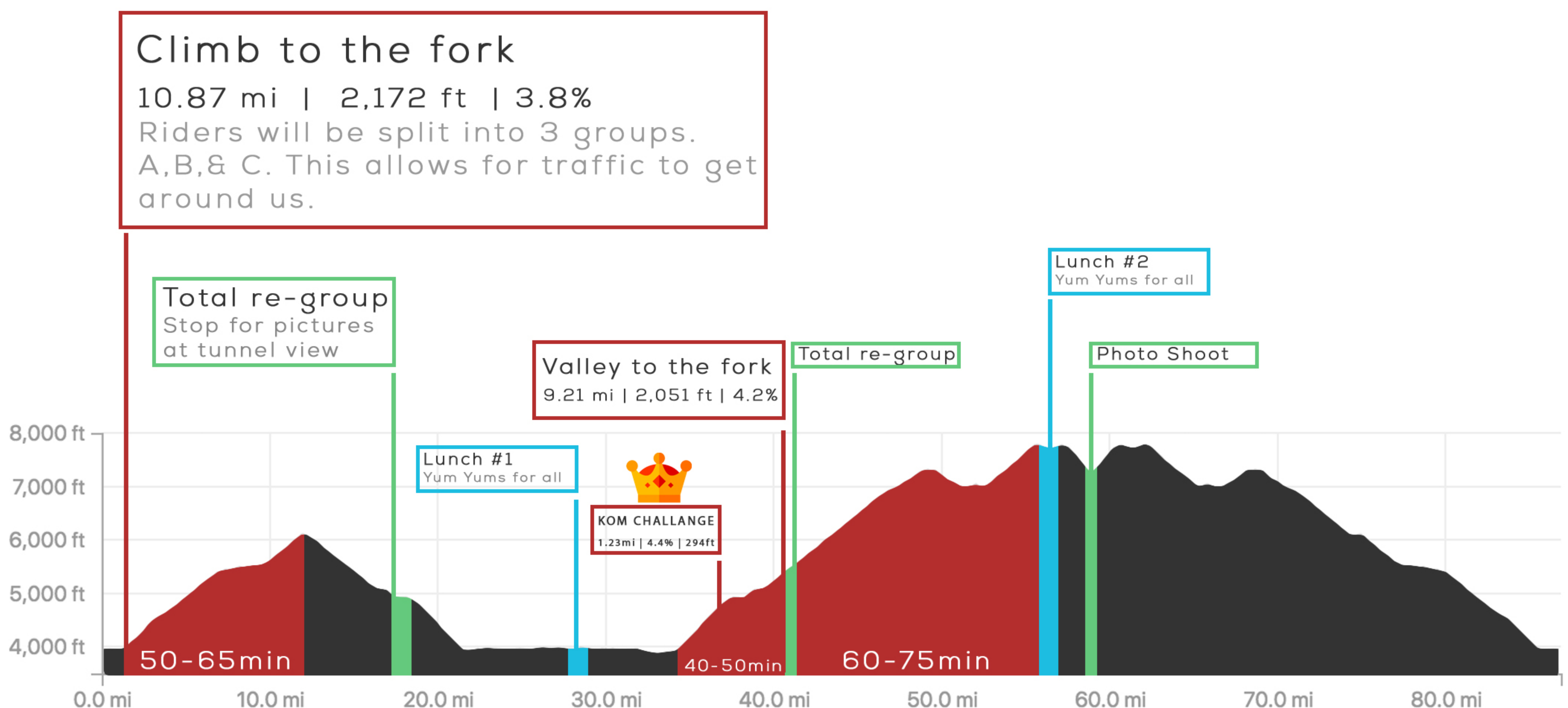
Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	Climb Category
1.23mi	4.4%	5,301ft	5,595ft	294ft	4



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.



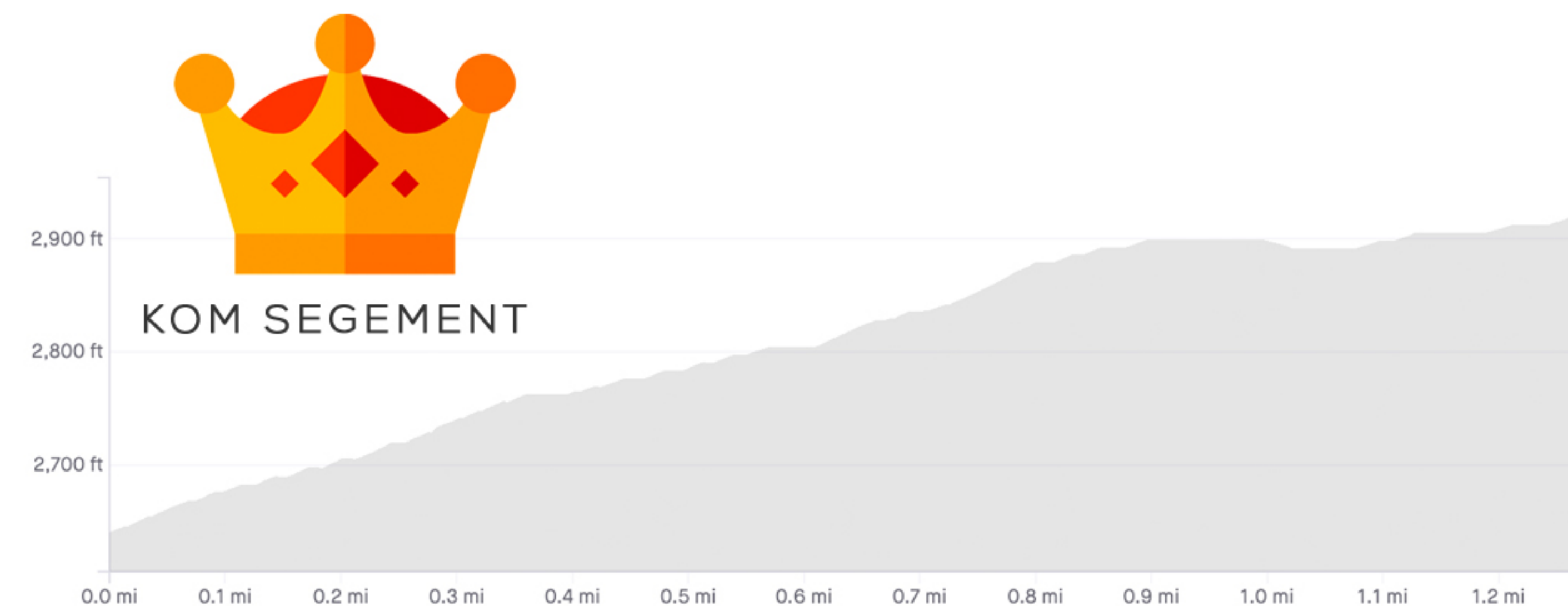
Friday

Friday morning Dr. Tim Woo will hold a PT clinic for all campers. Bands will be provided and held in the tennis court near the cabins. This clinic will go through the basics of Dr. Tim Woo's glute doping program and can change your life. No joke, this shit rips!

- 8am** - Breakfast
- 9am** - Dr. Tim Woo GLute Dopping
- 11am** - Ride Starts
- 12pm** - Lunch in Northfork
- 2pm** - Optinonal Bonus Ride
- 6pm** - Dinner
- 8pm** - Dr. Tim Woo Seminar

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	Climb Category
1.27mi	4.1%	2,640ft	2,919ft	279ft	4

1,644 Attempts By 801 People



Spin around bass lake

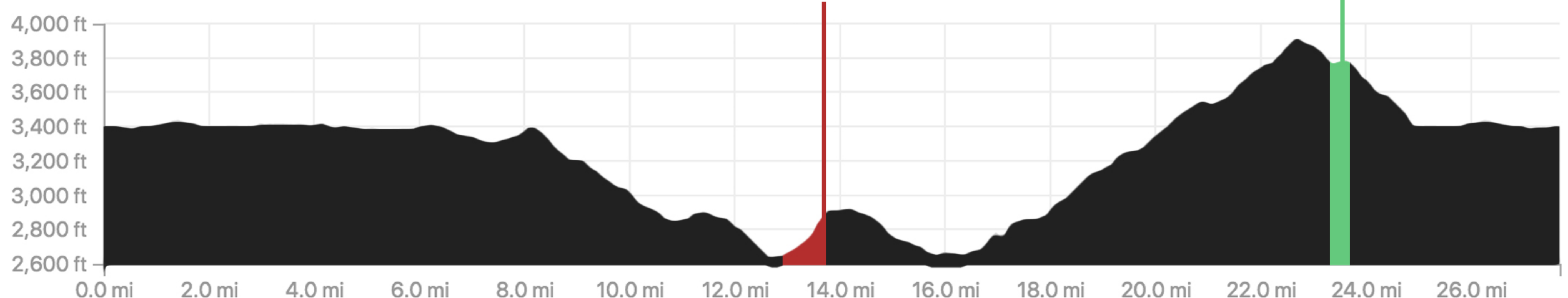
27.68mi | 2,010ft | 2hrs | 🏴‍☠️🏴‍☠️🏴‍☠️🏴‍☠️

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.



Rd 222 to Manzanita Lake
1.27mi | 4.1% | 279ft

Total re-group everyone will wait at the fire station for the group to come back together



Saturday

This loop is one of my top 3 favorite rides. This to me is better than Yosemite because of open roads and little to no traffic. Its a hard ride, but the last 30min is a 4k ft descent! The perfect ending to a ride.

We also start with a pretty chill descent before all the fun starts, but it should be pretty warm so drink lots of fluid. The final climb of the day is long and steep but road is WORLD class, so dont bonk and enjoy it.

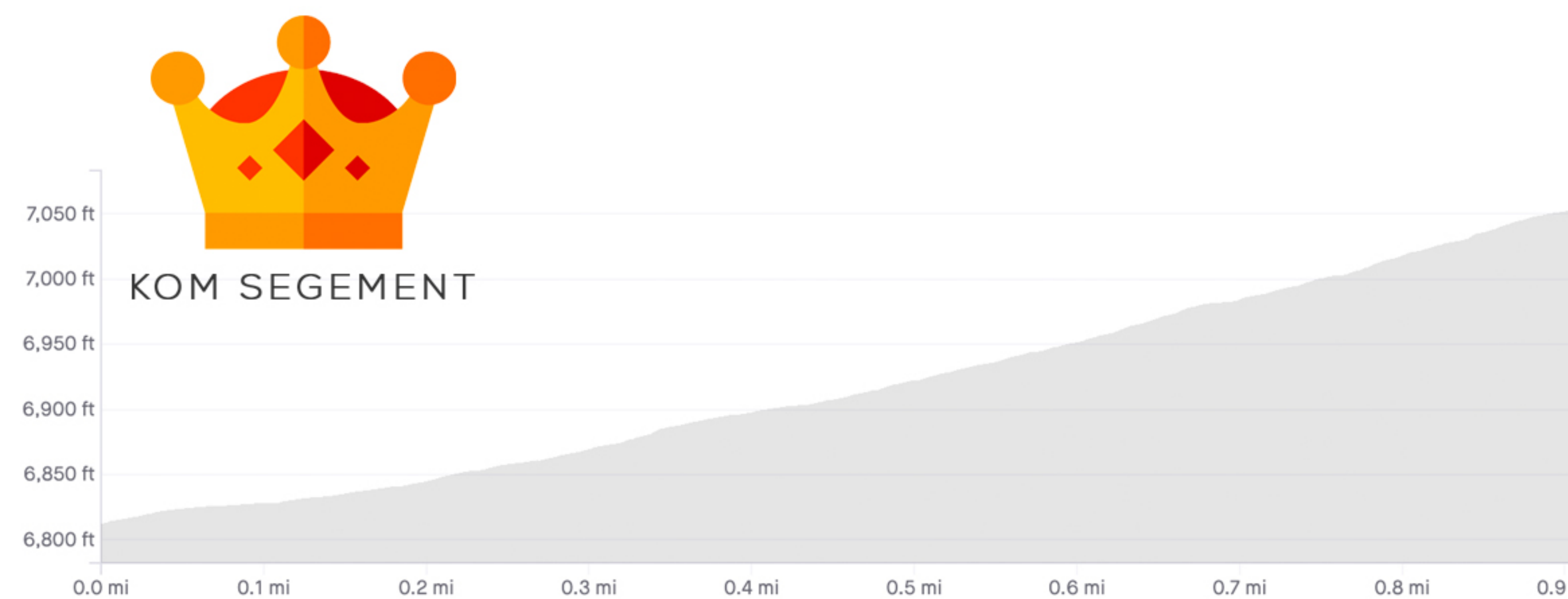
After dinner, there will be massages for all, which your legs are gonna be absolutely screaming for.

- 8am - Breakfast
- 9am - Wheels down
- 12pm - Lunch #1
- 2pm - Lunch #2
- 5pm - Dinner
- 6pm - Life Balance Seminar
- 7pm - Massages

☆ Beasore Rd Climb

Ride Segment Oakhurst North Fork, CA

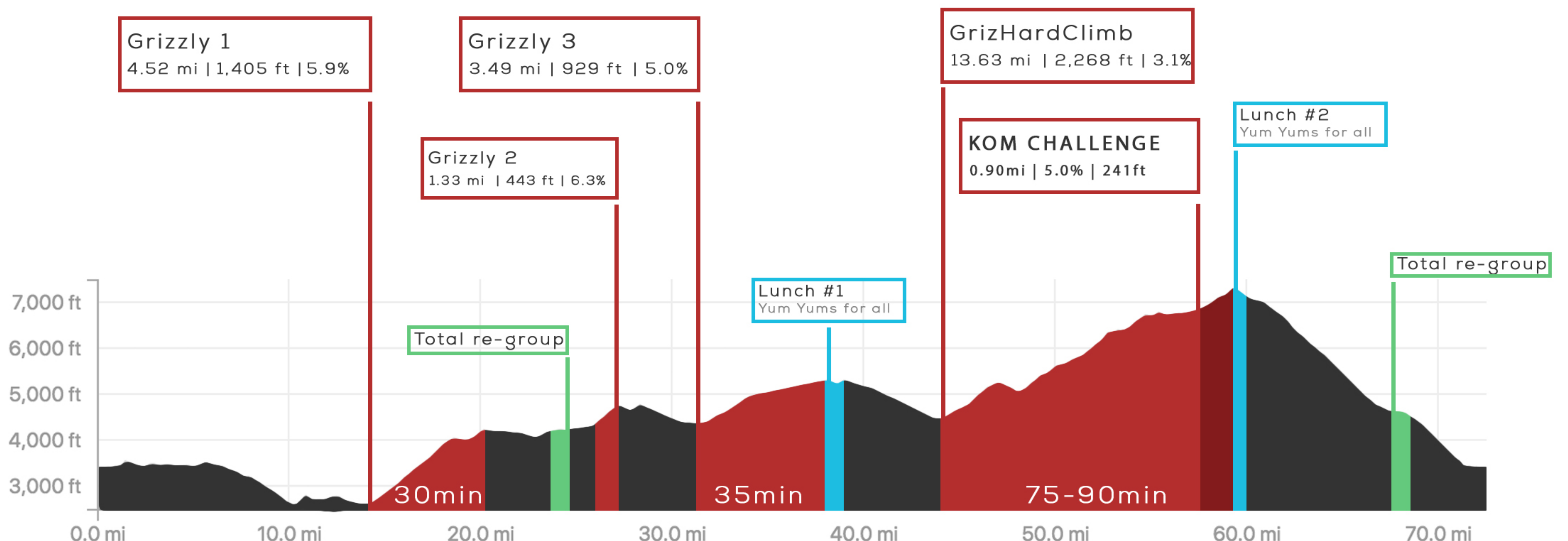
Distance 0.90mi Avg Grade 5.0% Lowest Elev 6,812ft Highest Elev 7,053ft Elev Difference 241ft 1,061 Attempts By 493 People



Day 3 - Grizzly Loop

72.55mi | 7,997ft | 6hrs | 🏴‍☠️🏴‍☠️🏴‍☠️🏴‍☠️🏴‍☠️

The first 15 miles are super chill, then the first climb hits. Its a beautiful road with a huge river view. It rolls for a while then a pretty solid climb before the lunch spot. After lunch, there is fun descent followed by a big fuk off climb that will test your fitness. A second lunch at the top and ends with a KILLER descent, which we will break up into 2 sections to keep everyone safe.



Sunday

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.

- 9am** - Breakfast
- 10am** - Wheels down
- 12pm** - Lunch #1
- 5pm** - Dinner & Awards
- 7pm** - Hang out sesh

☆ Road 632 Climb

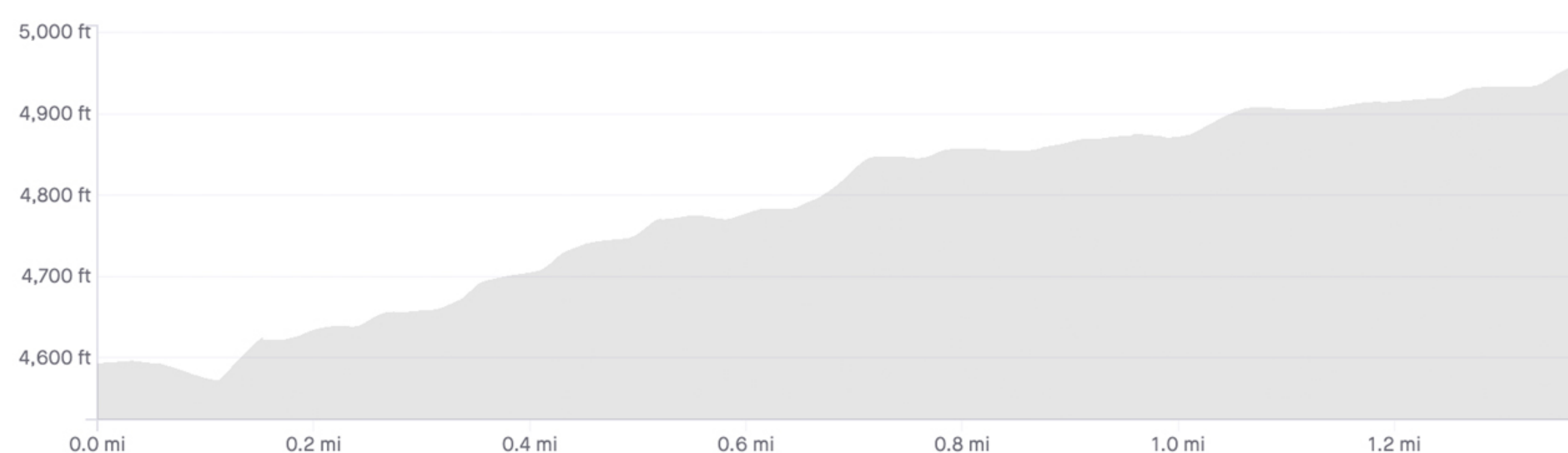
Ride Segment Oakhurst, CA

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	Climb Category
1.36mi	5.1%	4,573ft	4,960ft	387ft	4

259 Attempts By 119 People



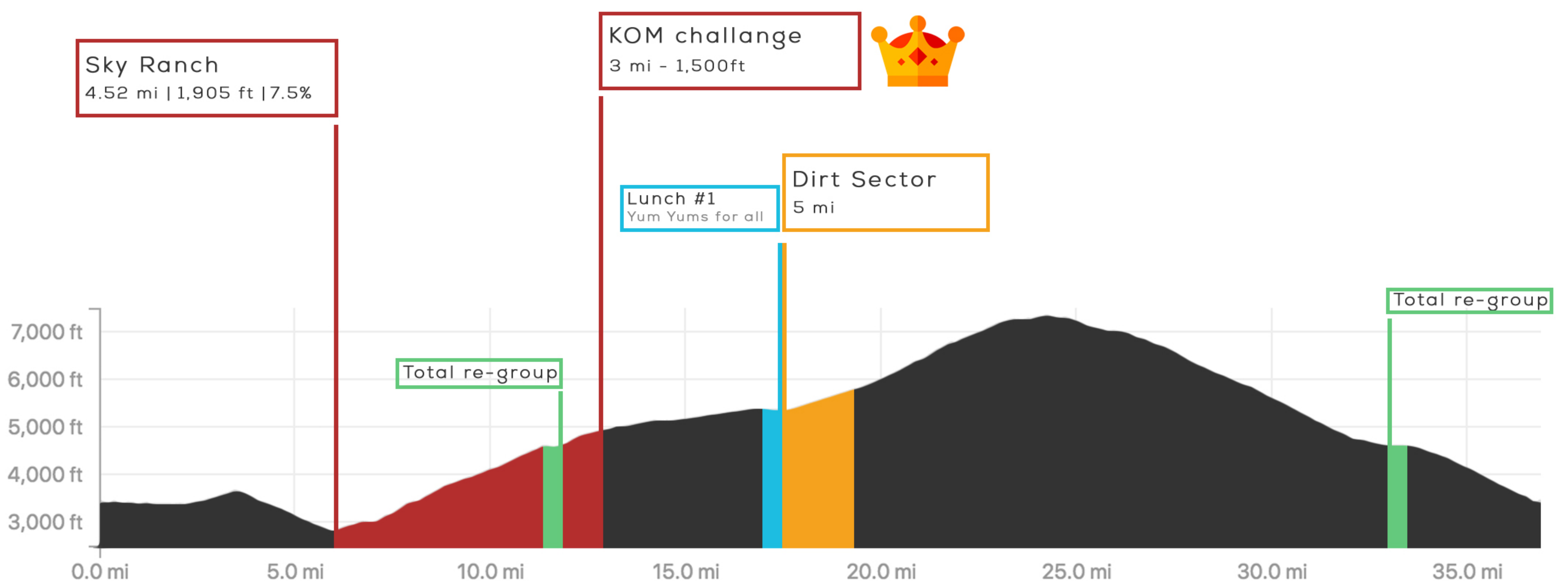
KOM SEGEMENT



Gravel & waterfalls

39.61mi | 5,554 | 5hrs | 🏴‍☠️🏴‍☠️🏴‍☠️🏴‍☠️🏴‍☠️

Early on this route is very steep kick to face. After the days in your legs you might really feel this one. After the road ends, the gravel begins. There are 2 options for this route, light gravel for 20 min, or a larger gravel climb around and hour. This gravel is just hard packed dirt, road bikes are fine.



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

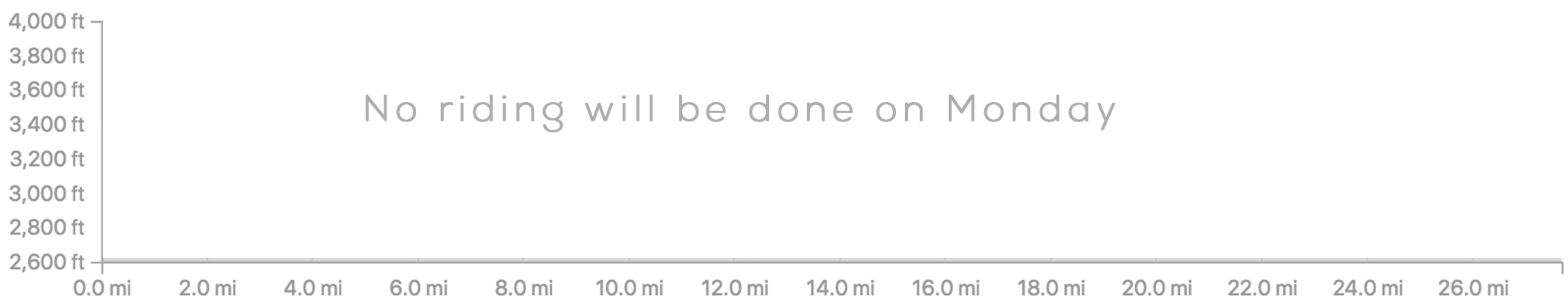
10am - Check out

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

The KOM challenge is just here as a bonus if you feel the need to measure the pee pees. You don't have to compete in it, but the segments are short and pretty tame. There will be 2 categories, racers and non racers. You must upload to starva to be entered, but the lowest time across the 4 segments will be the winner. The segments will be clearly marked but starring the segments will be a huge advantage.

Each day we will send out a list of the top 10 for the KOM challenge so the games can be played the next day. Again, this is NOT a race camp, but come opening the legs can be fun.



day 1

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	Climb Category
1.23mi	4.4%	5,301ft	5,595ft	294ft	4



day 2

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	Climb Category
1.27mi	4.1%	2,640ft	2,919ft	279ft	4

1,644 Attempts By 801 People

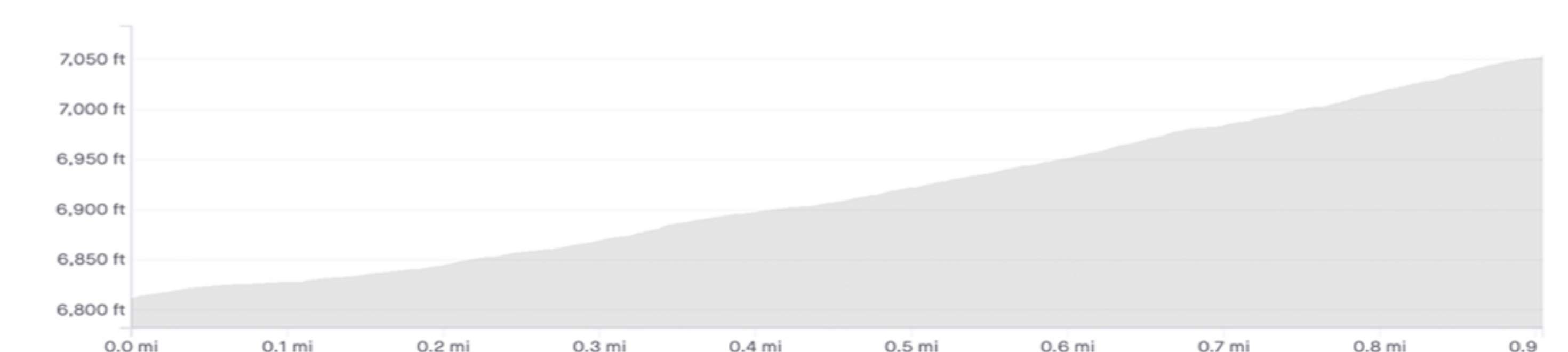


day 3

☆ Beasore Rd Climb

Ride Segment Oakhurst North Fork, CA

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	Attempts
0.90mi	5.0%	6,812ft	7,053ft	241ft	1,061 Attempts By 493 People



day 4

☆ Road 632 Climb

Ride Segment Oakhurst, CA

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	Climb Category
1.36mi	5.1%	4,573ft	4,960ft	387ft	4

259 Attempts By 119 People



