

EDMONTON MASTERS CYCLING CLUB
2015 PENTICTON TRAINING CAMP
SUNDAY APRIL 19th – SATURDAY APRIL 25th

All participants must be paid-up members of EMCC.

The EMCC Code of Conduct for club rides applies.

As before, there will be up to four groups of no more than 12 riders per group, with a designated leader in each group. The first group (long and fast, i.e.: 25 km/h average) will leave at 9:00 am, subsequent groups (long and not so fast, short and fast, short and not so fast) at 5 minute intervals, subject to weather conditions.

All groups will head out on the same daily route (see below), but will ride whatever distance is appropriate for each group and the conditions.

SELECT A GROUP THAT MATCHES YOUR ABILITY AND AMBITION; STAY WITH YOUR GROUP.

SUNDAY	OSOYOOS Lakeside Drive/Hwy 97 to Osoyoos and back. Mainly flat with a few smaller hill options (Black Sage Road, Oliver Ranch Road) on the return. Up to 125 km, 5+ hours.
MONDAY	THE WALL/SEACREST Lakeside Drive/ McLean Creek Road /OK Falls/ Green Lake Road /Fairview/Oliver/ Seacrest Road / White Lake Road/Twin Lakes Road/Hwy 3A/ Green Mountain Road /Apex Corner/Penticton. Four good climbs. Up to 125 km, 5+ hours.
TUESDAY	NARAMATA Naramata Road. Four climb options off Naramata Road (to end of pavement on Greyback Mountain Road, Spiller Road, Chute Lake Road, Naramata Road-end at lake-level). Up to 70 km, 3+ hours.
TUESDAY EVENING	GROUP DINNER – 6:00 pm at the Bad Tattoo, 169 Estabrook Avenue, Penticton – check it out: http://www.badtattoobrewing.com/
WEDNESDAY	RECOVERY RIDE Hwy 97/Trout Creek. Dead flat. 25 km, 1+ hour. OPTION – MTB ride on the KVR Trail. Bike rentals are available in Penticton: http://www.penticton.ca/EN/main/community/bike-penticton/local-bike-shops-rentals-services.html
THURSDAY	MOUNT BALDY Green Mountain Road /Apex Corner/Green Mountain Road/Highway 3A/Twin Lakes Road/White Lake Road/Fairview/Oliver/Black Sage Road/McKinney Road/ Mount Baldy end of pavement /Black Sage Road/Tuc-ul-nuit Road/Hwy 97/ Oliver Ranch Road /Okanagan Falls/Lakeside Drive/Penticton Major climb (Mount Baldy, 13.5 km) plus other climbs. Up to 155 km, 6+ hours.
FRIDAY	GIANT'S HEAD Hwy 97/Trout Creek/ Happy Valley Road /Prairie Valley Road (Summerland)/Docherty Avenue/Bathville Road/Meadow Valley Road end of pavement/Return to Summerland/Rosedale Ave/Prairie Valley Road/Giant's Head Road/Milne Road/ Giant's Head Mountain Park /Return to Giant's Head Road/Hwy 97/Penticton Two climbs. Up to 75 km, 3+ hours.
SATURDAY	MOUNT CARMİ (Subject to individual departure times): Lakeside Road/ Mount Carmi . One last major climb with double summit, 13.5 km. Up to 60 km, 2½+ hours.