

EDMONTON MASTERS CYCLING CLUB
2018 PENTICTON TRAINING CAMP
SUNDAY APRIL 22nd – SATURDAY APRIL 28th

All participants must be paid-up members of EMCC.

The EMCC Code of Conduct for club rides applies.

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) 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 the designated leader of the group may adjust the distance and route as appropriate for 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 hill options (Black Sage Road, Oliver Ranch Road, McLean Creek) 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.
- 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.