

Bend On Snow Training Camp Info

We're headed back to Bend after a (3?) year hiatus for our annual summer training camp. The last time we went, limited snow forced us up high (we rode the chairlift to the top of the mountain to ski!) This year, there should be plenty of snow! In addition to the hours that we'll get on snow at Mt Bachelor, Bend has running, hiking and mountain biking opportunities and usually great weather in June. Finally, our trip will overlap with the US Ski Team's annual training camp. Talk about an opportunity to learn from the best!

Lodging and Food

We will rent two houses in Sun River or Bend. We should be able to accommodate all dietary restrictions.

Tentative Camp Schedule

5/25 Saturday: Depart Boise 10:00 am, 45 minute run and light strength before dinner

5/26 Sunday: Skate Easy Distance/technique, + Strength in the afternoon

5/27 Monday: Classic w/ Double Pole Speeds, mountain bike ride in the afternoon

5/28 Tuesday: Skate Intensity, Afternoon strength

5/29 Wednesday: Skate Overdistance Crust Ski Adventure, Afternoon off

5/30 Thursday: Classic Specific Strength + Technique, Afternoon Bike ride

5/31 Friday: AM Skate/ Classic Combo followed by mountain Bike Ride, Estimated return to Boise 9PM

Trip Costs

Total: \$575

Packing List

Please email Wilson if you need to borrow any of the items as we will not be bringing all of the gear that normally is in the van. I think we will mostly encounter warm summer weather but please bring a rain jacket and a set of warmer clothes in case we have a colder day outside. Our place has a washer and drier but please bring clothes for a couple of days so we don't need to do laundry daily. If the snow situation deteriorates we may bring along rollerskis – stay tuned. Let's try to keep gear to a minimum by bringing only one set of each type of skis – I'll check on conditions and let you know whether to bring training or race skis.

Lunch and snacks for the drive over

Training Equipment

Skate Skis
Classic Skis
Skate Boots
Classic Boots
Skate poles
Classic Poles
Bounding Poles
Running shoes
Mountain Bike- check to make sure it's in good working order
Helmet
Bike Shoes (if you use them)
Small back pack to carry food/layers/water on a hike
Drink belt/ water bottle holder and bottle
Heart Rate Monitor

Training Clothes for 3-4 Days

3 Shirts
2-4 Shorts
1 Bike shorts
Underwear
Light jacket
Light pants or warm up pants
2 sets ski tights
Rain jacket
Gloves
Socks (both ski and running)
Buff
Hat/ headband

Casual Clothes for 3-4 days

Shirts
Pants
Shorts
Underwear
Flip flops or sandals or pair of shoes other than your running shoes
Sweat shirt

Other

\$30 spending money
Swim Suit
Toiletries/Meds (inhaler)
Book
Must have foods
Electronic devices
Training Log