

# CAT CAMP 2021

Women's MidAtlantic Spring Cycling Weekend

April 1-4, 2021

April 29-May 2, 2021 (tentative)



*What is Cat Camp? A multi-day cycling experience for women of all ages, disciplines, and ability levels in the Catoctin Mountain Region of Maryland. Directed by Alex Forte Howell of Dirty Kitten Racing/Dirty Kitten Productions. Cat Camp is designed specifically for women who are interested in road cycling and gravel riding with a side of mountain biking. This is an opportunity to "get away" from the hustle and bustle of daily life, spend a few days riding your bike, and hang out with other badass women. There will be a variety of supported rides (road, gravel, mtb), skills clinics, and training sessions. This is a unique cycling experience you won't forget!*

**COVID-19 Policy:** Due to the continued threat and spread of COVID-19, we will have specific guidelines and protocols in place during the entirety of Cat Camp. Anyone who experiences symptoms prior to arrival should contact Alex and cancel all travel plans. Daily temperature checks will be performed as part of the event. Masks and face coverings are required when not riding (optional when riding), in Downtown Frederick, and inside of all establishments. Proper hygiene and handwashing techniques are encouraged. Social distancing guidelines will be followed and participants are expected to respect one another's space both on and off the bike. Ride groups will be kept small and manageable (approx. 5-6 people each) with different pace group options. We will adhere to and monitor MD State and Frederick County Healthy & Safety Guidelines.

**LOCATION:** Frederick, Maryland (various locations)

**CAMP REGISTRATION** - [BikeReg](#)

- Full Purrito (4 days): \$250 - Thurs, Fri, Sat, Sun
- Basic Purrito (3 days): \$200 - Thurs, Fri, Sat OR Fri, Sat, Sun
- Mini Purrito (2 days): \$140 - Thurs & Fri/Fri & Sat/Sat & Sun
- Single Purrito (1 day): \$70 - Thurs/Fri/Sat/Sun

*A non-refundable deposit (\$50) is due upon registration. The remaining balance can be made as either 1 full payment or 2 separate payments:*

- Payment #1 (50%) due by March 1 , 2021
- Payment #2 (50%) due by April 1, 2021

### **CAT CAMP PARTICIPANT EXPECTATIONS:**

*ALL Cat Camp Participants are expected to:*

- Follow the COVID-19 policy stated above
- Read the Event Notes and agree to all guidelines
- Have a bike tune-up before arriving at camp
- Arrive on time and be prepared to ride
- Understand the event outline and schedule
- Follow the rules of the road at all times when riding
- Act in a safe and respectful manner towards other participants
- Contact Alex with any questions, comments, or concerns prior to arrival
- Prepare a personal "meal plan" as there will not be food served at camp
- Carry basic bike repair equipment on every ride (flat pack, tubes, pump, etc)
- Make responsible choices in the weeks leading up to camp so as not to negatively affect other participants (i.e. staying close to home/not traveling, taking necessary health & safety precautions, scheduling seasonal bike maintenance & repair, staying up-to-date with local news & events, etc)

### **CANCELLATION & REFUND POLICY:**

*\*The \$50 deposit is nonrefundable. Participants may receive a full refund (excluding the deposit and BikeReg service fee) before March 1, 2021 and a 50% refund (excluding the deposit and service fee) before April 1, 2021. There will be NO refunds issued after April 1, 2021. However, if the event is cancelled prior to March 1, 2021 participants will receive a \$50 BikeReg credit to be used for future Dirty Kitten Productions events. If the event is cancelled within 1 month of the start date due to health, safety, weather, or other extenuating circumstances, participants will have the option to receive a 50% refund (excluding the deposit and service fee) or a 100% entry credit (excluding the deposit and service fee) to be used for a future Dirty Kitten Productions event. Please consider all of these options when registering for the event and carefully read through the BikeReg registration insurance policy before making your selection.*

### **ADDITIONAL INFORMATION:**

- The total event cost includes insurance, bike safety and maintenance checks, daily ride support, clinics, training sessions, select nutrition items, swag, photos, and some additional services (TBD).
- Accommodations are on your own. Visit the Cat Camp FB page or group, Frederick Tourism Department website (Visit Frederick), or contact Alex for information on places to stay in Frederick County.

- Meals are on your own, but there may be "boxed" lunch options available (TBA).
- Any bike services performed by our mechanics during camp other than the daily "Bike Safety Checks" (replacement parts or repairs) are an added fee that must be paid at the time of service.
- For additional information or if you have any questions/comments/concerns, please contact Event Director, Alex Forte Howell (203-615-4459) [camp@dirtykittengravel.com](mailto:camp@dirtykittengravel.com)

### PACKING LIST:

- **Equipment:** Bike(s), helmet, shoes, sunglasses, bike seat bag & flat pack/tool kit (tube, tire levers, CO2 cartridges, pump), tail light, water bottles, GPS device, phone, mirrors (optional)
- **Apparel:** Jerseys, bibs, baselayers, arm & leg warmers, tights, vest, jacket, neck gaiter, socks, gloves, sports bra, shoe covers, rain gear (weather dependent)

*\*We will be riding in both the valley and mountains around the area. The temperature changes drastically depending on elevation and location so be prepared. Bring both cold & warm weather cycling apparel and be prepared for a variety of weather conditions. The lows can be in the 40s while the highs can be in the 60s.*

### TENTATIVE SCHEDULE:

*\*All rides & activities are subject to change depending on weather. Participants may "opt out" of a group ride or activity if they wish, but any activities performed outside of the "official" event schedule are at-your-own-risk.*

### THURSDAY

- 9:00-10:00am - Arrival, Check-in, Bike Safety Check
- 10:00-11:00am - Introductions & Welcome
- 11:00am-1:00pm - Lunch (on your own)
- 1:00-2:00pm - *Clinic #1: Basic Bike Maintenance & Repair*
- 2:00-5:00pm - PM Group Ride (road)
- 5:00-6:00pm - Recovery & Wrap-Up
- 6:00pm - Dinner (on your own)

### FRIDAY

- 9:00-10:00am - Arrival, Check-in, Bike Safety Check
- 10:00-12:00pm - AM Group Ride (road)
- 12:00-2:00pm - Lunch (on your own)
- 1:00-2:00pm - *Clinic #2: Training & Racing Q&A*
- 2:00-5:00pm - PM Group Ride (road & gravel options)
- 5:00-6:00pm - Recovery & Wrap-Up
- 6:00pm - Dinner (on your own)

## SATURDAY

- 8:00-9:00am - Arrival, Check-in, Bike Safety Check
- 9:00am-1:00pm - AM Group Ride (road, gravel, mtb options)

### *MTB Ride & Clinic TBA*

- 1:00-2:00pm - Lunch (bring your own)\*
- 2:00pm-5:00pm - PM Group Ride (road & gravel options)
- 5:00-6:00pm - Recovery & Wrap-Up
- 6:00pm - Dinner (on your own)

*\*We will be eating along the ride route so plan to pack your own lunch or speak directly with Alex about pre-packaged/boxed lunch options (additional charge)*

## SUNDAY

- 8:00-9:00am - Arrival, Check-in, Bike Safety Check
- 9:00am-1:00pm - AM Group Ride (road & gravel options)
- 1:00-3:00pm - Lunch (on your own)
- 3:00pm-4:00pm - *Clinic #3: Health, Wellness, Nutrition*
- 4:00-5:00pm - Cyclocross Skills Training Session (optional)
- 5:00-6:00pm - Recovery & Wrap-Up
- FAREWELL

**PARTNERS/SPONSORS:** TBA

**SUPPORTING BIKE SHOP:** Bike Doctor Frederick (Frederick, MD) 301-620-8868

**CONTACTS:** Event Director - Alex Forte Howell (203-615-4459)  
[camp@dirtykittengravel.com](mailto:camp@dirtykittengravel.com)

