BETH LEASURE-HUDSON
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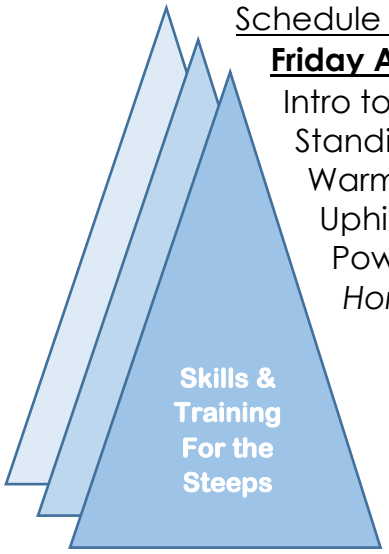
Back in 2020! New 2-Day Format!

More Info & Warmer: March 13-14

Cheaha Climbing Camp

An enjoyable rolling classroom in a beautiful outdoor setting. We'll demonstrate and drill Climbing and Descending Skills and discuss Training. We'll ride the tough steeps along the Scenic Parkway. On Saturday, we'll put it all together riding to the Top of Cheaha and back!

Date:	Friday, March 13th	Duration:	3 hours	3PM-6PM
Date:	Saturday, March 14th		3 hours	9AM-NOON
Cost:	$79 per rider for both sessions; $49 for each day			
Bring:	Snacks, Liquid, Weather-Ready Gear, Your Bike, & Be Ready for Fun Learning!			
Location:	Scenic Overlook at Start of Scenic Parkway – use this link: https://goo.gl/maps/ZN7zLYGw49uLi5YcA			



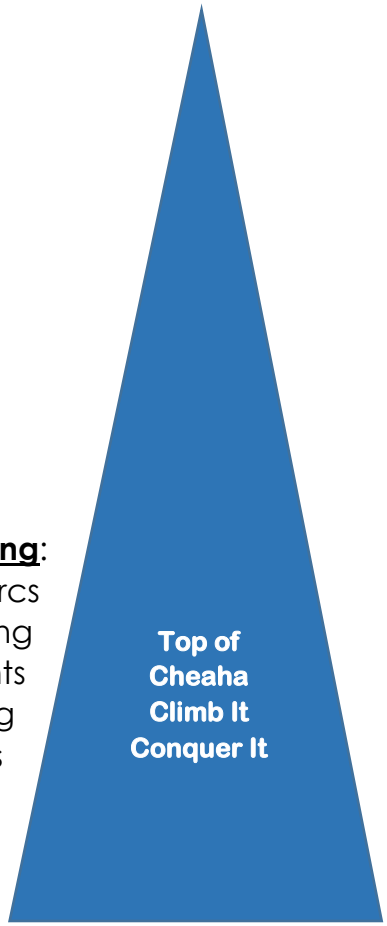
Schedule & Content:

Friday Afternoon:

Intro to Coaches & Riders
Standing versus Seated Climbing Techniques
Warm-Up Drill Out of Saddle Climbing – 3 Ways
Uphill Shifting, Momentum, Accelerating, Pacing
Power Hill Drills and How to Get Faster on Steeps
Horseblock, Not Again, Oh Shift will be your classroom!

Saturday Morning:

Warm-Up Drill: Cornering, Downhill Arcs
Braking & Weight Distribution for Faster Descending
Winds on Descents
Long Climbs: Grinding & Spinning
Training for Long Climbs
Break into Groups and Climb Cheaha
Return at Your Own Pace/Ride with a Coach



Beth Leasure-Hudson, Exercise Physiology, M.S., Sport Director, UCI; Coach, USA Cycling *Distinguished Level1, Power-Based Training, Certified Skills Instructor; Masters National Champion, Cheaha AG Winner