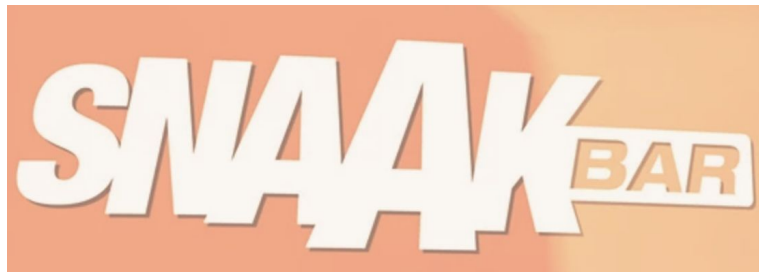




TotalCyclist®
Muskoka, Canada Cycling
DivaCamp™

Guide
September 20th-23rd 2018

Diva Camp Sponsors



Diva Camp Staff

Staff:

Chad Andrews: TotalCyclist President 704.281.5959

Dr. Christy Keely: TotalCyclist Coach/Marketing/PT

Contact information

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Diva Camp Summary

What: 4 day camp in BEAUTIFUL Muskoka, Ontario, Canada

When: September 20th-23rd 2018

Cost:

Price: coming Double Occupancy 1300\$/ Single Occupancy 1500\$

This camp will feature the beautiful lakes and roads in beautiful Ontario Canada. The camp is located at the Baldwins resort in Windermere, Ontario, Canada. The weather will be pre-fall and the scenery will be unmatched.

Come enjoy great coaching, riding, yoga, physical therapy, wine and make new friends!

Details:

Accommodations: Baldwins Resort, Windermere Ontario

Staff: 1:5 ratio

Bonus: Wine Tasting, Kombucha tour :) Yoga

Schwag from Sponsors, TotalCyclist® and more

and...of course... ...FANTASTIC RIDING!



Diva Camp Travel Planning

Diva Camp Location: The Baldwins Resort

We look forward to lakeside sunsets at the beautiful Windermere, Ontario, one of Canada's prime cycling destinations.



Arrival/Departure:

*Camp starts promptly at 1pm on Thursday, September. 120th. There is a possibility of staying an extra night, at your own expense.

Camp registration will be from
10am-1pm on September 20th

You must provide your own transportation to Windermere
The conclusion of the camp will be after the final ride and farewell
on Sunday, **September 23rd**

Bike Transport and Assembly:

If you are shipping your bike, please make sure it arrives to the Baldwins by September 19th.

Phone: (705)769-3371

Baldwins Resort

1024 Golf Avenue Road, Windermere, Ontario, P0B 1P0, Canada

Only ship FED EX or UPS

Bike assembly and repacking are not included in this camp.
(Please make sure your bike box/case is clearly labeled with your name)

Only ship FED EX or UPS

Airport:

Toronto, Ontario (YYZ) is approximately a 160 minute drive away.


Lodging:

Housing is included with this package!

Food:

Breakfast/Lunch and Dinner are part of the package

Diva Camp Itinerary

	Day 1	Day 2	Day 3	Day 4
	C	C	C	C
6:00 AM				
6:30 AM			Breakfast	
7:00 AM				Rise UP!
7:30 AM		Stretch	FONDO	
8:00 AM		Breakfast		Breakfast
8:30 AM				
9:00 AM		Personal Time/Bike Prep		Personal time/Ride Prep
9:30 AM				
10:00 AM	Registration	Ride		Ride
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM			Lunch	Lunch at Fondo
12:30 PM				
1:00 PM	Welcome & Intro	Rest		
1:30 PM	Ride			
2:00 PM			Travel Back	
2:30 PM		Ride		
3:00 PM	Yoga			
3:30 PM			RELAX	
4:00 PM				
4:30 PM				
5:00 PM	Technical Presentations	Giordana Wine Tasting	Technical Presentations	
5:30 PM				
6:00 PM	Dinner	Dinner	Dinner	
6:30 PM				
7:00 PM			VIP PARTY	
7:30 PM		Presentation and Trunk Show		
8:00 PM				
8:30 PM				
9:00 PM			HEAD BACK	

Inspiration/Collaboration for Diva Camp: [The Divas!](#) [Anita Franklin](#), [Barbara Greene](#), [D'Andrea Worrall](#)

PACKING for CAMP

General:

- Alcohol/Beverages: Please be respectful of others in this matter.
- Bring toiletries!
- Bring your favorite snacks. ride. food etc.

Other:

- Bicycle: Clean, tuned and ready to ride.
- Gearing: Your bike should be equipped with a 12-27/28 gearing OR HIGHER! Some new bikes come with 32 tooth cassette and/or a compact crankset.
- Helmet
- Jerseys at least 4 (short and or long sleeve)
- Shorts at least 4 pair
- Wind Vest
- Baselayer 1 or 2 lightweight
- Cycling jacket
- Rain Jacket
- Arm Warmers
- Socks
- Cycling gloves short finger
- Cycling Shoes/pedals (carry these with you if traveling by plane)
- Eyewear/sunglasses
- Chamois cream
- Small tote or backpack for anything you wish to keep in support vehicles.
- Heart Rate Monitor and/or Power Meter
- Sunscreen
- Toiletries for clean up between rides.
- BUG SPRAY!
- Light jacket
- Medium weight jacket
- Long sleeve and/or thermal jersey
- Long finger gloves
- Shoe covers/booties
- Leg or knee warmers or light tights
- Other items to consider:
- Bottles/mix/food If you will be arriving in before a camp begins or remaining afterward and wish to ride, please bring what food/drink supplies you will need for your riding.

register

Costs/Cancellations

Let us know in advance if you need a Mechanic to unpack/assemble and repack bikes for an additional charge.

Registration:

A non-refundable \$100.00 deposit is due at time of registration. The remaining balance is due 30 days prior to the camp (unless special accommodations have been made) and will be billed automatically. The credit card information used for the deposit will be billed unless otherwise arranged with the TotalCyclist accounting department.

Cancellation:

If a registered rider has to cancel for any reason, their deposit may not be refunded depending on when they cancel. Additional cancellation fees may also apply.

Cancellation Fees:

- Deposit is non-refundable.
- 61-90 days prior: cancellation fee of 50% of original camp price
- 31-60 days prior: cancellation fee of 75% of original camp price
- 0-30 days prior: cancellation fee of 100% of original camp price

Disclaimer

TotalCyclist reserves the right to cancel a camp. We will do so at least 30 days prior to the beginning of the camp. In this event, registered participants will be issued a full refund. **TotalCyclist** is not responsible for fees associated with planning the trip, such as airfare. All fees will be applied to the camp for which the person is registered. If a registered individual has to cancel for any reason, their deposit and all subsequent payments will be applied to the camp for which they have registered and cannot be transferred to an alternate camp. Exceptions to this policy cannot be made for any reason, including weather or personal emergencies.

register