**AUGUST** 24-29, 2022







## TRI STATE CYCLING CAMP (NC-TN-GA)



## Camp Host: Steven Perezluha



Registration Deadline: July 31, 2022

- ~ 30-80 miles each day
- ~ 26,000+ feet of climbing
- ~ 5 Days and 5 Nights
- Includes climb up to Georgia's highest point Brasstown Bald (includes threshold testing)
- Explore North Carolina, North Georgia, and Tennessee's back-country roads including views of waterfalls, mountain valleys, and forests
- ∼ Perfect preparation for the 3/6 Gap Century
- ➤ Experienced coach to lead all fitness/skill levels
- Sustained climbing techniques, optimal gearing and shifting, body positioning, descending and cornering skills
- \$1099 includes 'hands on coaching', training, guided tour, SAG support, meals, snacks, bike mechanics, and lodging (\*5 nights shared room)
- ~ \$699 for self-lodging option; \$1399 solo room
- ~ PayPal Registration
- StevenPerezluha.com/events/
- ~ Questions:
- stevenacrossamerica@gmail.com