

March 25-26,  
2023



## Clermont Hills Cycling Camp



**Start: Minneola Athletic Complex 7:30am 3/25/23**

**Camp Host: Steven Perezluha**



**Registration Deadline:  
March 21, 2023**



- ~ 2 days, 150 miles, 9,000+ feet of climbing
- ~ Specially scoped out safe practice areas
- ~ Key workouts including sustained climbing techniques, pedaling efficiency, body positioning, cadence, and optimal shifting
- ~ Cornering and Descending Clinic
- ~ Pacing and Time Trial practice in the hills
- ~ Key hill workouts with W/KG (power/weight)
- ~ Hands on Coaching with power testing, data analysis, and feedback
- ~ Group skill sessions (Tri bikes and road welcomed)
- ~ Homemade meals, snacks, Hammer Nutrition, and pro SAG Support with espresso included during ride
- ~ Cost:
  - ~ \$299 (2-Day Camp)
  - ~ \$499 (Friday + Saturday Lodging Shared Room)
  - ~ \$699 (Friday + Saturday Lodging Solo Room)
  - ~ **PayPal Registration (DEADLINE 3/21/23)**
    - ~ [StevenPerezluha.com/events/](https://www.stevenperezluha.com/events/)

**Questions:**

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