



High Performance  
Camps, Coaching,  
Bike Fitting and  
Performance

**Performance 4-Day Cycling Camp**  
*The Gold Country - Folsom, CA.*



## Welcome to the Gold Country!

The 1849 California Gold Rush attracted waves of immigrants to the northeastern part of the state with hopes of finding fame and fortune. Mining towns rose from the ground almost overnight to accommodate the frenzied adventurers.

Now, over 150 years later, the remnants and charm of many of these towns lives on. Your California Gold Country training camp will take you through some of the most beautiful scenery in California. The climate resembles that of Italy and Spain, making wine grapes and vineyards one of the region's primary crops and industry. You will climb along the western slopes of the majestic Sierra Nevada, ride over the historic Foresthill Bridge and may conquer the local famous grades of Iowa Hill, Prospectors Road and Old Foresthill Road to name a few. After our rides, we'll relax

with some of the local wines and varied cuisine of the region. We'll also feature a series of educational topics to help you become a better cyclist.

We look forward to showcasing the beauty and challenge of the Gold Country.

# Camp Details



## Included:

- Cost - **\$1195**. \$500 deposit due 60 days before camp, full payment 30 days before camp start.
- Four structured riding days with AthletiCamps certified coaches
- Bike assembly and maintenance (bike rental optional at additional cost)
- Full ride support
- Four lunches; three dinners
- Guided training rides in the area. Routes listed may vary.

## Not Included:

- Hotel. Recommended hotel: [Lake Natoma Inn](#) (Special rate)
- Airfare. Recommended airport SMF

## Additional Add-on Services (10% discount):

- Retül professional bike fitting
- Performance testing

Day	Activity/Stage	Distance (M)	Terrain	Elevation (F)
Thursday	Ride 1 - Ophir	54	Rolling	3126
Friday	Ride 2- Prospector's	82	Hilly	8643
Saturday	Ride 3 - Virginiatown	59	Rolling	3684
Sunday	Ride 4 - Rattlesnake	61	Hilly	6081



# Ophir (55 miles; 89k)

Day 1

Our first ride of camp begins with the Ophir stage. The route will take us into the foothills of Placer County. Though none of the climbs are beyond category, they will test your legs. The ride finishes with a nice straight descent down Auburn-Folsom Road, which is one of the more popular roads in the area. After the ride, we will enjoy lunch and post ride discussion at our training center. We will also take the opportunity this day to do any additional bike fits or performance testing.

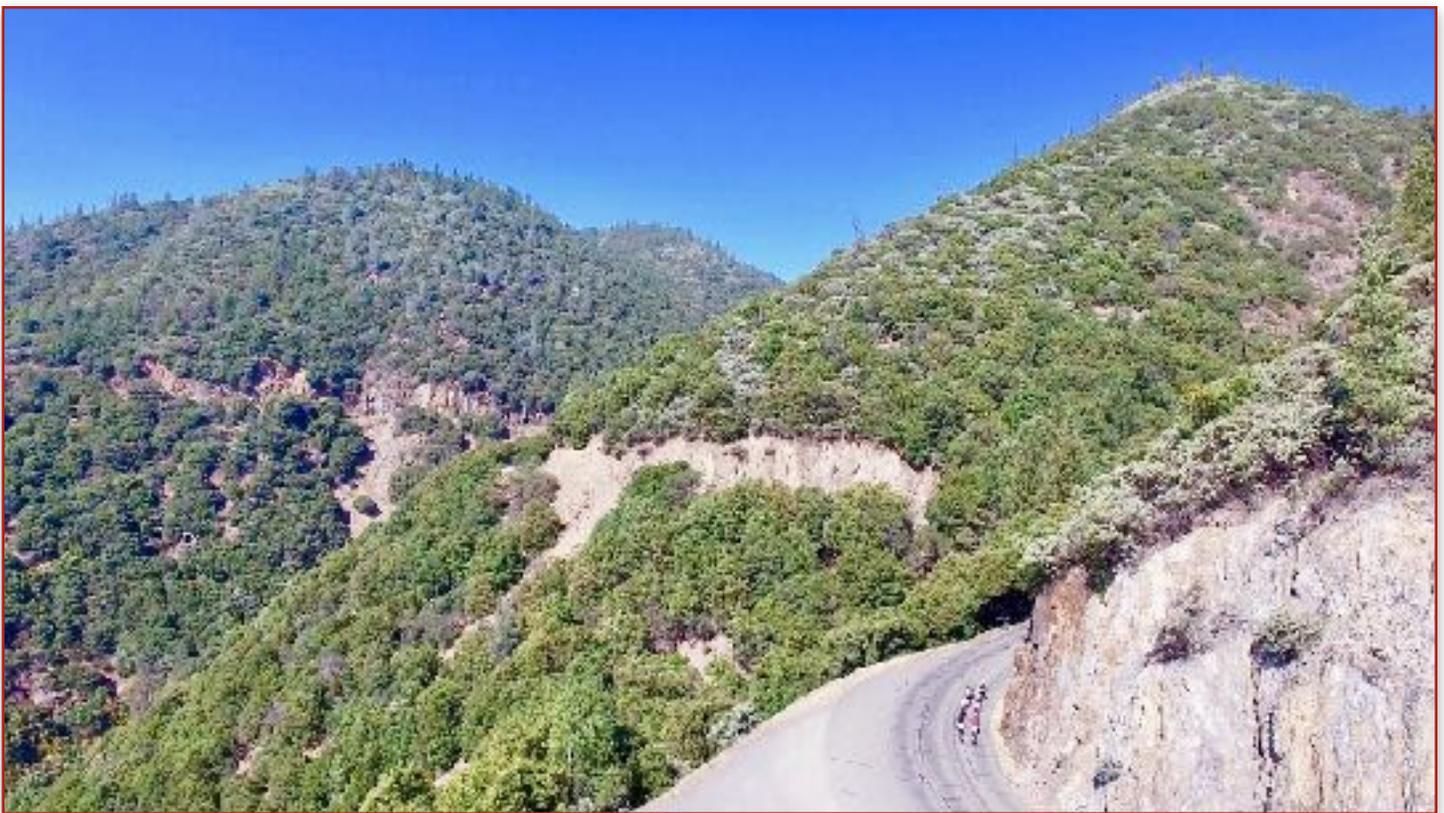
Distance: 55 miles; 89k

Climbing: 3126ft

Max Grade: 10.2%

Ride with GPS Link: [Ophir](#)

*\* Ride with GPS link allows downloading of route to Garmin or Wahoo devices*



## Prospector's Gold (82 miles; 132k)

The Prospectors stage takes us around the eastern side of Folsom Lake. We'll ride up Salmon Falls Road along the same route used during the Tour of California. The climbers among us will be delighted as we ascend Prospector's Grade, which is about two miles long with an average grade of 10-12%. From there we travel to the town of Placerville, aka "Hang Town" and back down Green Valley road to Folsom. Depending on the snowmelt, the rivers are a spectacular sight as the rushing mountain waters find their way to the ocean. We'll traverse, in the opposite direction, some of the same sections of road visited during the week. This will be the "Queen Stage" of our camp with about 82 miles in length and 8600 feet of climbing.

Distance: 82 miles; 132K

Climbing: 8643ft

Max Grade: 20.7%

Ride with GPS Link: [Prospector's Gold](#)

Day 2

---

## Virginiatown - (59 miles; 82K)

Today we start with a gradual ascent into the foothills of Placer County. Most of the ride is on rolling terrain with a few short steep ascents to test your mental focus. The climb to Ridge Road will test your legs during the last half of the ride and will reward you with stunning scenery overlooking the valley below. Weather permitting; we'll have an awesome view of the snow-capped peaks of the Sierra Nevada. You will welcome the gradual decent back into Folsom.

Distance: 59 miles; 119K

Elevation: 3684ft

Max Grade: 10.8%

Ride with GPS Link: [Virginiatown](#)

\* Ride with GPS link allows downloading of route to Garmin or Wahoo devices

Day 3

# Rattlesnake (61 miles; 99K)

Day 4 - AM

We save one of the best rides for last! Salmon Falls is only the beginning, as after we climb up to the Rhino again, we “descend” 12 miles back down to Folsom Lake on one of the most scenic roads in the area. Amazingly, we are only 15 miles as the crow flies from our training center, but take in amazing climbs and scenery. It’s the last day of camp and your legs will be tired, but the ride and views are worth the challenge!

Distance: 61 miles; 99K

Climbing: 6081ft

Max Grade: 11.3%

Ride with GPS Link: [Rattlesnake](#)

\* Ride with GPS link allows downloading of route to Garmin or Wahoo devices

---

## Departure Day

Day 4 - PM

Our team mechanics will assist you in preparing your bikes for travel back home should you have brought your own bike. We will provide transportation to Sacramento International Airport for team members departing on Sunday. Safe travels!

*“AthletiCamps has an outstanding camp program. Their experienced team have created a system that can help all levels of cyclists improve. I wish I would have had camps like these available to me during the initial stages of my career” - Rubuens Bertiglioti (Team Type 1); 2009, 2010 Swiss National Professional Time Trial Champion*



We look forward to  
riding with you!

High Performance  
Camps, Coaching,  
Bike Fitting and  
Performance Testing



## AthletiCamps

7700 Folsom Auburn Rd - Suite 130  
Folsom, CA.95677

[www.athleticamps.com](http://www.athleticamps.com)  
(916) 932-0112