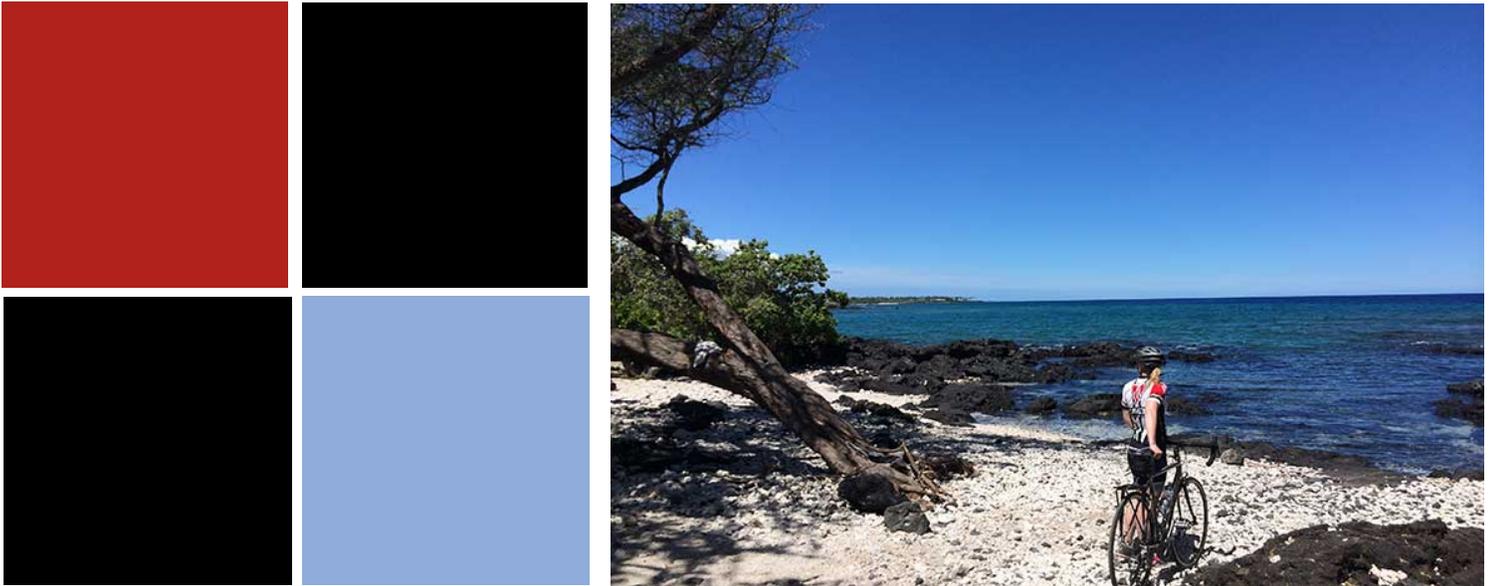




High Performance  
Camps, Coaching,  
Bike Fitting and  
Performance

# Maui Performance Cycling Camp

*March 23rd-29th, 2018*



## Welcome to Maui!

There aren't many places in the world that rival the beauty of Maui. From the amazing beaches, tropical rainforests, active volcanos, to the Ohana culture and simple approach to life. Now think about being on the bicycle on this amazing island and you have a true life-altering bucket list experience.

There are so many incredible rides on the island of Maui and we know them all. We also incorporate the assistance and knowledge of the local cycling community to ensure we don't miss any hidden gems that aren't public knowledge.

What we have in store is 5 days of epic riding coupled with full support. We stay in top hotels and include an off-bike adventure experience beyond just cycling.

Our belief is that Maui is best seen by bicycle and that a rider shouldn't have to worry about any details.

We take care of all logistics, food, and maintenance, so you can simply enjoy the beautiful experience of riding one of the most beautiful places in the world.

# Trip Details

Welcome to  
Maui!

## Included:

- Cost - **\$4750** half due by January 15<sup>th</sup>, full payment by March 1st, 2018
- Arrive – Friday, March 23<sup>rd</sup>, 2018; Depart – Thursday, March 29<sup>th</sup>, 2018
- 6 nights, 7 days – *Sheraton Maui Resort and Spa*
- Kahului Airport (OGG)
- All transportation, including airport pickup and drop-off
- Bike assembly and maintenance (bike rental optional at additional cost)
- Full ride support including SAG follow vehicle each day
- On bike analysis and coaching
- All meals on/off bike provided
- Off-bike adventure/excursion included

## Not Included:

- Airfare
- Additional hotel charges

Day	Activity/Stage	Distance (M)	Terrain	Elevation (F)
Friday	Arrival Day	0	N/A	0
Saturday	Ride 1- Around the Top	39	Rolling	4100
Sunday	Ride 2 – Coast to the Sun	74	Mountain	10000
Monday	Ride 3 – Road to Hana	42	Rolling	4100
Tuesday	Ride 4 – Upcountry	42	Hills	4100
Wednesday	Ride 5 – North Kaanapali	58	Hills	4200
Thursday	Departure Day	0	N/A	0

# Arrival Day

Friday  
March 23rd

Welcome to Maui! Transportation will be waiting for you upon arrival at Kahului International Airport. After loading your luggage, we will transfer to the hotel, check-in, and relax while our team mechanic assembles your bike. In the evening we will gather for a team dinner, provide a warm welcome and introductions and review the logistics for the coming days.

*“Cycling camps at AthletiCamps are a great way to learn about the improvement process, from nutrition to training. The team are truly passionate cycling coaches and love the sport. Their camps will take you to some of the most beautiful areas of world. Don’t miss this opportunity to take your cycling to the next level” - Dr. Massimo Testa, BMC Team Physician*



## Around the Top (39 miles; 62 K)

We will start the day with a breakfast at the restaurant in our hotel. After topping off our caffeine and carbohydrate stores, we will roll out with the leg opening ride Around the Top stage. The route will take us around the North side of the island and will culminate with a good climb up to Iso Valley State Park. Though none of the climbs are beyond category, they will test your legs. We will enjoy lunch in Kahului and will have shuttles back to the hotel. This ride is all about preparing the legs for what is to come on the following day.

Distance: 39 miles; 62K

Climbing: 4200ft

Max Grade: 15.2%

Ride with GPS Link: [Around the Top](#)

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

Saturday  
March 24<sup>th</sup>

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## Coast to the Haleakala (74 miles; 119 K)

We will enjoy a good breakfast and then hop on the bikes for an easy flattish stroll towards the climb to the Sun. This climb takes us from sea level up to 10,000ft and the summit of Mount Haleakala. We will pass through multiple climate zones along the way. Our support vehicle is critical to ensuring we have all the right gear at the right portions of the ride. Once at the top, we will be treated with an amazing downhill experience that takes us through twists and turns all the way back to the coast. We will enjoy lunch in Spreckelsville before being transported back to the hotel.

Distance: 74.5 miles; 119K

Elevation: 10045ft

Max Grade: 10.6%

Ride with GPS Link: [Coast to the Haleakala](#)

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

Sunday  
March 25<sup>th</sup>

## Road to Hana (42 miles; 67K)

Monday  
March 26th

Today we start with rolling terrain along the famous Road to Hana. Most of the ride is on rolling terrain with a few short steep ascents to test your mental focus. The scenery will be absolutely stunning as we wind through the rainforest, yet continue to have ocean views throughout. The road will be winding all the way into the quaint little village of Hana. Like most of Hawaii, Hana was probably first settled between 500 and 800 AD by Polynesian peoples and began as a sugarcane producing village.

Distance: 42 miles; 67K

Climbing: 4159ft

Max Grade: 16.5%

Ride with GPS Link: [Road to Hana](#)

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

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## Upcountry (46 miles; 74K)

Tuesday  
March 27th

This ride begins in Spreckelsville and takes us immediately into the picturesque foothills of Maui commonly referred to as the Upcountry. A steady climb meets us at the beginning of the ride, but then becomes more downhill and rolling. The terrain will provide some respite from your accumulated efforts but the initial climb will take its toll especially given the amount of climbing ridden so far. We get a chance to really get away from it all and see what the island of Maui once looked like before commercialization. Lunch in the quaint town of Paia and then it's off to the hotel in Kaanapali. Today would be an excellent day for a massage or to simply rest in the warm sunlight of the beach.

Distance: 46 miles; 74K

Elevation: 5914ft

Max Grade: 12.0%

Ride with GPS Link: [Upcountry](#)

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

# North Loop- Kaanapali (58 miles; 93K)

The final day is flat, but will likely have some wind before we cut across the island and then head into the amazing hills and ocean views that the northwest portion of the island provides. Your legs will likely be at their limit, but it is always encouraging to know this is the final day of riding on Maui. The winding road, short yet fun climbs and remote nature of this ride is what riding on Maui is all about. This will be one to remember and once you arrive back at the hotel, we will have a special surprise commemorating your accomplishment! From there, it's lunch and beach time before heading out to our final dinner out on the town.

Distance: 58 miles; 93K

Elevation: 4211

Max Grade: 12.5%

Ride with GPS Link: [North Loop - Kaanapali](#)

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

Wednesday  
March 28th

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## Departure Day

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 Kuhului International Airport for team members departing on Thursday.

*"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*

Thursday  
March 29th



We look forward to riding with you!

High Performance  
Camps, Coaching,  
Bike Fitting and  
Performance Testing



## AthletiCamps

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