

Cycling and MultiSport Pursuits8

- CAMP8 -

Proposal for coaching services we can offer to participants of the Kootenay Rockies Gran Fondo:

1. Free monthly event-specific Zwift Group Rides

A two hour session where participants could log in to Zwift and join our ride. The purpose would be to connect registered and potential participants and to train the aerobic endurance. This would be an inclusive, no-drop ride. We would plan to do this on a weekend morning, for example, on a Sunday from 7am-9am. Riders could choose to participate for as long as they would like throughout the two-hour session.

2. Paid 8 or 16 Week Event-Specific Training

This would include one wind trainer session per week (via email) that would help prepare the client to race on the Kootenay Rockies Gran Fondo course.

Personal Investment:

8 week program: \$100

16 week program: \$185

3. Individual Training Programs

Open to any ability level. We can offer either a Set-Your-Own-Schedule Program, where we write four to five training sessions for each week of the month and the client can choose when to fit in each session; or a Daily Structured Program, where workouts are scheduled specifically to achieve targeted training outcomes.

Each program includes a 45 minute initial consult, where clients fill out a detailed questionnaire so that we can have a clear understanding of their health and fitness background, personality type, and lifestyle.

Add-ons for each of these programs include basic trainer testing and strength programs for locals, as these sessions must be supervised by a coach.

Where individual cyclists request coaching to participate in your event, we would like to give a % of program fees paid, back to Kootenay Rockies as

we acknowledge & appreciate that without our partnership we may not have secured these people.

Personal Investment:

To be decided and available on website soon.

4. Women's Specific Course Reconnaissance

We can organize a social group ride two to three weeks prior to your event. We could offer two options: a 30-40km beginner ride and a 70-80km intermediate ride. Each ride would cover the main climb featured in the Kootenay Rockies Gran Fondo. We would propose that the group rides would be scheduled from 9am-12pm on a Saturday. We would also suggest considering options for pre-ride or post-ride coffee and snacks, as we have found that the social aspect of group rides is key in attracting women to these types of events.

We will have all of our information available on our website by September 4 at www.camp8ltd.com

If possible, we would hope to come to your event in 2018 and join riders in celebrating the success of training for their goal and completing their chosen distance.

On our website, we've included a Partners page, where we list our partner events. On this page, we provide a brief description of your event, your event logo, and a link to your website. If you are interested in featuring your event on this page, please send us a .jpg file of your logo.

We look forward to working with you.

Sincerely,

Alicia & Sara