

# CAMP8

## *Cycling and Multisport Pursuits*

PASSION. INTEGRITY. BELIEF. ENERGY. COMMUNICATION.  
EDUCATION. MOTIVATION. VISION.

Whether you're a first-time participant of the Kootenay Rockies GranFondo or an experienced rider wanting to improve your results, we're here to help! We cater our coaching services to a wide range of athletes; whether you're new to endurance and multi-stage events, or a seasoned pro, we'll make sure you stand confidently at the start line on race day.

### Event-Specific Coaching Services

#### Winter Training Sessions

We'll provide online training sessions through Zwift to prepare you for the Kootenay Rockies GranFondo! During these training sessions, we'll ensure you have all the information you need to feel prepared come race day, whether you're wondering how to train, how to fuel your race or what equipment to bring.

#### Individualized Programs

We provide you with a training program designed to prepare you for the physical and mental challenges you will face during your event. Proper preparation will allow you to not only have a great performance, but also will also reduce your risk of injury and help you have a more positive overall experience.

### Coaches

#### Alicia Evans

Cycling and multi sport coach and former competitive triathlete and road cyclist. Founder of Canmore Cycling Culture.

evans.alicia31@gmail.com

#### Sara Poidevin

Fourth-year Kinesiology student at the University of Calgary and a professional cyclist for Rally Cycling.

sarapoidevin@gmail.com

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