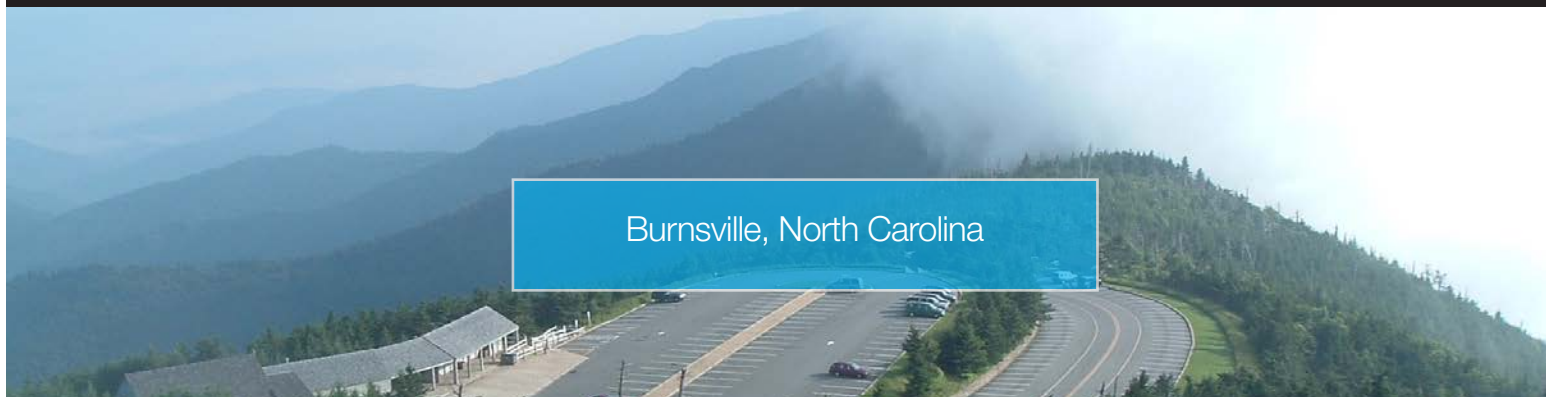


SPRING TRAINING CAMP

Burnsville, NC Thursday, March 23 - Monday, March 27



Burnsville, North Carolina

Being at a LOGIK Camp is like being a Pro, but without the pressure. Your bike will be cleaned and tuned daily. You'll grab nutrition and hydration products and head out on great workouts with the LOGIK coaches and instructors. Throughout the day, our support vehicles will supply everything you need, no matter what your fitness level. We'll make sure you're challenged but never overwhelmed. When you're off the bike, you will enjoy nutritiously packed meals, stories with new friends, and additional instruction and presentations on training, nutrition and more. Our motto for these trips: **Work Hard, Pedal Hard, Play Hard....** Come enjoy some time away with this amazing LOGIK CYCLING COMMUNITY!

This camp has a **Road Training** emphasis. For "roadies", there is more extensive road rides and skills training in store. (Road Coach: Jamie Raddin)

WHAT IS INCLUDED:

- Lodging
- Coach Lead Workouts and Training
- SAG Car, Ride Mechanic
- Massage Therapist
(1-50 min Massage during the trip)
- Meals while staying at Rental House
- Hydration and Nutrition Support.
(Bring your own ride food and We will keep you topped off and fueled when you run out)

WHAT IS NOT INCLUDED:

- Transportation
- Meals during travel
- Alcohol
- One Evening Group Dinner Out

(Bring your own ride food and we will keep you topped off and fueled when you run out)

TO RESERVE YOUR SPOT: \$275 DEPOSIT REQUIRED

Prices Vary: \$400 - \$850

1. \$400 for shared double bed or bring your own air mattress for shared room.
2. \$500 for Shared Queen Bed.
3. \$600 for Shared King Bed.
3. \$600 for double bed alone in shared room.
4. \$650 for double bed in your own room.
5. \$750 for Queen bed in your own room.
6. \$850 for King bed in your own room.

nuwrayinn.com

WHAT WE NEED FROM YOU:

1. A \$275 deposit is due to LOGIK by 1.16.17. Remaining Balance due: 2.28.17. We can setup monthly payment plans and auto billing. Check or cash is preferable. If paid by credit or debit card, an additional 5% processing fee will be charged.

3. Prepare for weather with great gear! We have most of the cold and wet weather items in-stock at CYCLE LOGIK Pro Bike Shop and can quickly order anything that is not with your team discount.

4. Communicate food allergies or nutritional requirements to Shannon@LogikPower.com. Anticipate large egg and pancake carb breakfasts, packed sandwiches for lunch, and high carb/protein dinners (pasta & chicken).

5. Prepare your bike early! If your bike needs serviced with appropriate gearing or if you need cold weather clothing, PLEASE get with the CYCLE LOGIK Pro Bike Shop two to three weeks before the trip!

RECOMMENDED GEARING:

Strong Cyclist
Low gearing of at least 36 x 28t

Intermediate Cyclist
Low gearing of at least 36 x 30t

Average Cyclist
Low gearing of at least 36 x 32t

6. Due to the size and scope of running a trip of this size, participation with meal preparations and meal clean-up during the trip is necessary from all clients. Be prepared to bring your best chopping, shredding, slicing, sautéing and dish washing skills!

Contact Shannon Radin for details at:
Shannon@LogikPower.com