

Program Director: Ben Clark  
970.846.6716 ben@steamboatcycling.com

Assistant Coach: Jon Casson  
970.846.8161 jon@steamboatcycling.com

# SSWSC Devo June 2009



## XC Development June 2009 Schedule of Events

Key: **HH** - Howelsen Hill  
**MW** - Mt. Werner  
**TH** - Base of Thunderhead Lift  
**MTB**: Mountain Bike  
**RR** - Road Ride

- June 10: TC #1: Marabou XC. Got your legs under ya? Hopefully, cause this course is deceptively challenging! A long climb and twisty descent will keep you on your toes all evening!
- June 13: Go watch the WORLD ELITE PROS in Colorado Springs, OR go race in Winter Park. Two Sweet, fun weekend activities! [www.epicsingletrack.com](http://www.epicsingletrack.com)
- June 17: SSWSC Training Race #2: the River Road TT. Launch yourself across this mostly flat course, then blast up the Hilton Gulch hill to complete a quick 10k course!
- June 20 - 21: MSC #3: The Wildflower Rush. Get on it! This course will pit formidable trails against powerhouse climbers--which you all should be by now! USAC Nat'l Championship Qualifier! [www.racemsc.com](http://www.racemsc.com)
- June 24: TC #2: Thunderhead Hillelimb. That's right; from the bottom of the gondy to the top! Not for the faint of heart!
- Trailwork Day: Bring burly gloves lots ' water, and some lunch while we work to make SS Singletrack even sweeter!
- June 27: Another round of fun racing in the HUGE Winter Park series. [www.epicsingletrack.com](http://www.epicsingletrack.com)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7 Races/ Events to consider	1	2	3 SSWSC Training Race: Rabbit Ears TT #1	4	5 Parent & Athlete Meeting: 6 PM @ Olympian	6
8	9 MTB/HH 9 - 11 Race Tuning & Skills Day	10 Town Challenge #1: Marabou XC	11	12 MTB/HH 9 - 11 Climbing & De- scending	13 UCI XC in Colo. Spgs. Winter Park Hill Climb	
14	15	16 RR/HH 9 - 11 Road Fundamentals & Course Inspection	17 SSWSC Training Race: River Road TT #1	18	19 MTB/TH 9 - 11 Technical Climbing	20 Mountain States Cup: Wild- flower Rush XC
21 Father's Day-- Take Dad on a Ride!	22	23 MTB/MW 9 - 11 Course Inspection & Race Tuning	24 Town Challenge #2: Thunder- head Hill Climb	25	26 MTB/HH 9 - 2 Trail work Day #1	27 Winter Park XC
28	29	30	<b>Rest week..kick it &amp; ride mellow!</b>			

Program Director: **Ben Clark**  
 970.846.6716 ben@steamboatcycling.com

Assistant Coach: **Jon Casson**  
 jon@steamboatcycling.com

# SSWSC Devo July 2009



## XC Development Schedule of Events July 2009

Key: **HH** - Howelsen Hill  
**MW** - Mt. Werner  
**TH** - Base of Thunderhead Lift  
**MTB**: Mountain Bike Ride  
**RR** - Road Ride

- July 10: Trail work Day #2: Repeat of trail work day #1, but on different singletrack!
- July 11: www.epicsingletrack.com
- July 12: Moots Crit #1: C'mon out to the Moots factory and race till you're dizzy! Crazy fun...for a road race! Race your race early, then watch the big boys duke it out!
- July 14: Tubing Day! (**LATE START**) We'll float the Yampa as a team and enjoy some mellow fun in the sun! Bring a tube or \$ for a rental!
- July 17: Descending Day (**LATE START**) Bring your ski pass so we can rock gondy laps with some local pros who will help us kill it on the downhill!
- July 18 - 19: USAC National Championships! You GOTTA race others to qualify, but YOU GOTTA DO IT! This will be awesome!
- July 22: TC #4: Sunshine Loop: The premier race of the Town Challenge series! Obviously, we'll see ya there!
- July 24: Long ride #1. We'll pile into a van and head out for an EPIC ride in North Routt! Bring lots of water & food!
- July 29: River Rd TT: Best your time from the last River Rd. TT; it's gonna be sweet!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 th of July--Ride in the Parade in your SSWSC Team kit!
<b>Rest week..kick it &amp; ride mellow!</b>						
5	6	7 MTB/HH 9 - 11 Course Inspection & Race Tuning	8 <b>Town Challenge #3: Emerald XC</b>	9	10 MTB/HH 9 - 2 Trail work Day #2	11 <b>Winter Park Valley Point 2 Point</b>
12 <b>SSWSC Training Race: Moots Crit #1</b>	13	14 TUBING DAY! HH 10 - 12	15	16	17 MTB/MW 10 - 12 Descending Day	18 <b>USAC National Championships @ Sol Vista Bike Park</b>
19 <b>USAC National Championships @ Sol Vista Bike Park</b>	20	21 MTB/MW 9 - 11 Course Inspection & Race Tuning	22 <b>Town Challenge #4: Sunshine Loop</b>	23	24 MTB/HH 8 - 2 Long Ride #1 Rock Creek/ Tepee Creek	25
26	27	28 RR/HH 9 - 11 Course Inspection & Race Tuning	29 <b>SSWSC Training Race: River Road TT #2</b>	30	31 MTB/HH 9 - 11 Skills Day	<b>Races/ Events to consider</b>

Program Director: **Ben Clark**  
 970.846.6716 ben@steamboatcycling.com

Assistant Coach: **Jon Casson**  
 jon@steamboatcycling.com

# SSWSC Devo August 2009

## XC Development August 2009 Schedule of Events

Key: **HH** - Olympian @ Howelsen Hill  
**MW** - Mt. Werner Base  
**TH** - Base of Thunderhead Lift  
**MTB**: Mountain Bike Ride  
**RR** - Road Ride

- August 1: Crankwerks Cross Country Race. Not a must do event, BUT it might be fun, and you could watch the gravity gang rip it up afterwards!
- August 8 - 9: MSC #6: Blast the Mass. This phenomenal race runs competitors all around Snowmass Mountain and onto the *sweet* Government Trail! Get after it!
- August 25: Bike Broomball. Bring an old broom and a beater bike and we'll play an epic round of bike broomball--you'll LOVE it!
- August 27: Course inspection & whatnot on THURSDAY this week!
- August 29 - 30: MSC #7: The Copper Cup. A new stop on the MSC circuit, this race will challenge your endurance *and* your technical skills. BONUS: Make the weekend a stage race by competing here after racing the last Town Challenge race of the year! Yee Haw!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Crankwerx XC @ WP
2	3	4 MTB/HH 9 - 11 Course Inspection & Race Tuning	5 Town Challenge #5: Emerald XC	6	7 Travel to Snowmass Course Inspection PM	8 Mountain States Cup: Blast the Mass XC
9 Mountain States Cup: Blast the Mass XC	10	11 RR/HH 9 - 12 Road Fundamentals & Course Inspection	12 SSWSC Training Race: Rabbit Ears TT #2	13	14 MTB/TH 9 - 11 Descending Day #2	15 Winter Park XC
16	17	18 MTB/HH 9 - 11 Bike Broomball	19 Town Challenge #6: Buff Pass Hill Climb	20	21 MTB/HH 8 - 2 Long Ride #2 South Fork/ Scott's Run	22
23 SSWSC Training Race: Moots Crit #2	24	25	26	27	28 Town Challenge #7: Mt. Werner XC	29 Mountain States Cup: Copper Cup
30 Mountain States Cup: Copper Cup	31					