



**Friday, October 22nd      Clif Family Winery, 709 Main Street, St Helena**

12:00 pm - 4:00 pm      Time to Play! Eat, Treats, & Meet our Guests, Partners & Camp "Counselors"

- Bike & Registration Check-in: 12pm - 4pm, our mechanics will be on site
- Lunch by Clif Family: 12pm - 2pm
- Bike Skills Sessions: 2pm - 3pm (Tennis shoes a-okay - just bring your bike & helmet)
  - Bike handling, cornering, group riding, tire changing and maintenance basics, with our pro-cyclist counselors Lauren Hall, Serena Bishop-Gordon, Janel Spilker, and Sarah Sturm
- Sip and savor the wines of Clif Family by winemaker Laura Barrett: 3pm - 4pm

4:30 pm - 6:00 pm      Get Ready - We're going to the Geysers!

**Saturday, October 23rd      Dr. Wilkinson's Backyard Resort & Mineral Springs, 1507 Lincoln Ave, Calistoga**

7:00 am - 9:00 am      CampoVelo Breakfast / CampoVelo Guest Check-in

7:00 am - 9:00 am      SCHWALBE Bike Support

7:45 am - 8:00 am      Stretch, Warm-Up by ABC Fitness Instructor - Mat Pilates TBC

7:30 am - 9:15 am      Group Rides depart (times subject to change)

7:45 AM	<b>Mixed Terrain <u>Gravel bike is required TBD</u></b> <b><i>Sarah Sturm</i></b>
8:30 AM	<b>Espresso Train - Fast &amp; Flat</b> <b><i>Lauren Hall &amp; Sarah Gott</i></b>
8:45 AM	<b>Franz Valley Loop + extension option</b> <b><i>Janel Spilker &amp; Serena Bishop-Gordon</i></b>
9:00 AM	<b>The Cupcake Ride - Sweet &amp; Chill</b> <b><i>Kara Lind</i></b>

12:00 pm - 4:00 pm      **Eat. Drink. & Be Merry!**  
*CampoVelo Lunch & A Bevy of Beverages*

**SATURDAY CAMPO CHATS**

- 12:30 pm      Campo Chat #1 Plantworks - protein up after a ride with demo & tasting
- 1:00 pm      Campo Chat #2 Tech + Cycling with Wahoo
- 1:30 pm      Campo Chat #3 Sovi non-alcoholic wine sampling and why she got into NA wine
- 2:00 pm      Campo Chat #4 Skincare with Dr Jen - UVRX
- 2:30 pm      Fashion Show: Carefree Fall Fashion by Boho Lifestyle
- 3:00 pm      Campo Chat #5 Women in Cycling

**DINNER**

6:00pm - 9:00pm      Campo Chat #6 Buzzing over Beer with Sierra Nevada  
Dinner by Chef Kara Lind and Bar Lucia, cocktails by Rocket Vodka

**Sunday, October 24th Clos Pegase, 1060 Dunaweal Lane, Calistoga**

7:30 am - 8:30 am CampoVelo Breakfast / CampoVelo Guest Check-in  
7:30 am - 8:30 am SCHWALBE Bike Support  
8:30 am - 9:00 am Group Rides depart (times subject to change)

8:30 AM	<b>Ink Grade 57 miles</b>
8:45 AM	<b>The Triangle 44 miles</b>
9:00 AM	<b>Valley Floor 35 miles</b>

12:00 pm - 3:00 pm **Clos Pegase, Lunch on the Lawn**