

# ABSA CAPE EPIC + MTB STAGE RACE TRAINING CAMPS

Join Cycle Lab and multi podium ABSA Cape Epic finisher, Shan Wilson, for informative and highly beneficial training camps!

**CYCLE LAB -**  
Largest cycling retailer in South Africa and the official cycling retailer of the ABSA Cape Epic.

#### RIDE MASTER :

Selected to represent SA no less than 6 times at World Champs. Started (and finished) all 7 Cape Epics with a 3rd place overall as well as plenty of stage wins. Completed successfully in 4 TransAlps as well as numerous other stage including the Sani2C and the Imana Wild Ride. Shan is well qualified to help you understand how to train and deal with the pain!

Brought to you by :



#### WHAT TO EXPECT ON A TRAINING CAMP :

Each day starts off with a decent cup of coffee and breakfast. Then it is onto the bikes and into the Welvanpas mountain bike heaven for a few hours of riding with some awesome single track! Immediately after the ride is recovery food time and then an informative discussion on training for a stage race, race nutrition, recovery drinks and snacks as well as mechanical repairs during the race.

**DATES** - CHOOSE FROM or ATTEND ALL

16 - 18 SEPTEMBER

7 - 9 OCTOBER

\*Include the Mountain 2 Mountain Slaghoek Classic

18 - 20 NOVEMBER

\*More training camps to follow in December and onwards

#### VENUE

Diemersfontein, Wellington, Western Cape

#### COST

R4250.00 per person sharing



Shan Wilson

