



## 2015 OCA Carolina Camp

### Reports

#### Day 1 (Submitted by Sarah Mason)

We woke up the first day in the middle of a cloud, waded through the milk to a wonderful breakfast made for us by Charity and her staff up here at the Mountain.



Our first day was beautiful; the sun cleared up the grounds just in time to see the view from our cabins before we took off.



Our first ride started with a smooth, fun descent from the top of Scaly Mountain (where we're staying) through Cashiers and all the way down to some lowlands. We then rode past a golf course, then up and down some rollers on quiet roads in the forest.

Some great camp exploring in the afternoon lead to great views and cliff edges... #DontCrossTheFences

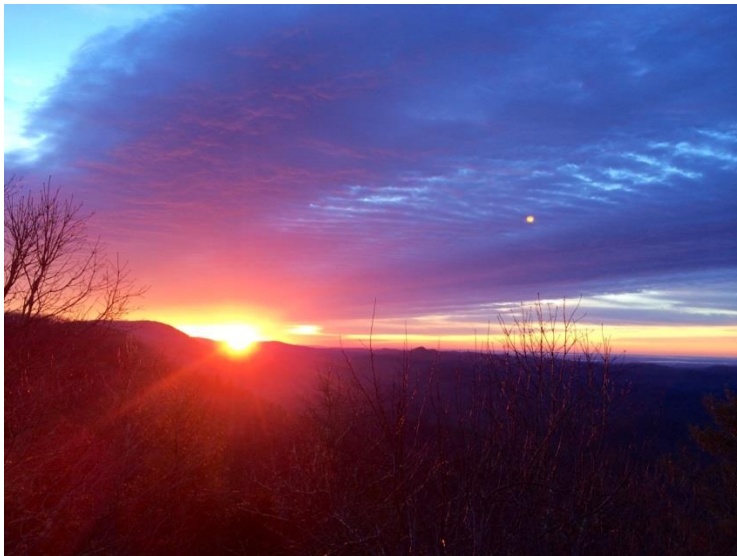
After dinner we had some group bonding and learned more about each other. Everyone played two truths and a lie; did you know Nick W had 5 cats? Cam got accepted to Harvard? Sean lived with a 90 year old woman and Malcolm's a regular on TSN's Off the Record?

Day 2 (Submitted by Soren Meeuwisse)

As the team begun their breakfast at 7am with DELICIOUS pancakes, the day was already promising to be a great one! Up on top of Mt. Scaly, where Team Ontario is staying at the Mountain Retreat, we have a stellar view and this morning the sunrise was extremely beautiful. On top of the lookout tower, there's a 360 view of mountains and the town of Highlands below.

Pre-hab begun at 9:00am, and we rolled out in our assigned groups for one of two ride choices: a 80km or a 60km hilly workout. I did the 60km ride and had a blast with my group! The best part of the ride was the 10km uphill that had waterfalls everywhere! (We had many picture breaks.) The whole group even stayed together for the whole time and we were pushing a good pace, team bonding as the hours went by.

Our ride finished smoothly and we headed into the dining hall for yet another amazing meal cooked by the camp staff. The longer rides were out for a while longer... One group (accidently) ended up doing 100km! The rest of the day consisted of "chillaxing", eating (lots of eating), and yoga. Some people went into town to get wifi... "for homework". Teenagers these days... That night we had a great dinner and the team meeting followed. The stars were spectacular too, and it was a great ending to a great day!



#### **Day 4 (submitted by Erica Leonard)**

After a tough day at Ceasar's head yesterday, our group was split into a couple groups; the 60 km, 70km, then the 120 km. I was a part of the 70km group that ended up doing 80... We had a great ride starting off with 20km of descending through rolling switchbacks which lead to a nice flat section. Our group was one of the few that went the right way, turning left onto a street called War Woman Road.

We soon discovered this road to be a cyclists dream with rolling, newly paved roads. Our group road on cloud 9 up into the mountains. The other groups didn't find that left turn. The 120km option group ended up having no choice but to do an extra 30km.

We all made it back to The Mountain and all with smiles!

Back at camp we devoured lunch, showered, and then hung out at Meditation Rock making for a pretty awesome day.



#### **Day 6 (submitted by Kevin Jones and Alexa Sana)**

Ah rest day....after the incredible start the March Endurance camp we have taken the day off the bike to rest our legs, do laundry, catch up on school work and give back to the community that have been our hosts for the last five day. The tempo thus far has been outstanding, we have calculated that some riders have pedaled to the top of Mount Everest, that's 28,000 feet of climbing! This has been eye opening for some riders. All of the athletes have put forward exceptional effort and learning many new skills.

The backbone of this camp and major contributors to its continued success is the incredible coaching staff. The dedication and commitment each of the coaches brings to camp in inspirational and sets the stage for great outcomes in 2015. Under the direction of Provincial coach Sean Kelly and "senior" coach Malcolm Eades the camp experience has been expertly guided to provide the athletes with the best training opportunity. With tremendous contribution, from Mike Amaral, Mandy Dreyer, Andrew Doble, Rob Holmgren, Eric Orschel, Julia Farrell, Jen Amaral and Alex Sana this experience will be a springboard for growth, passion for riding and fitness.

The OCA staff, board of members and membership have supported this camp for the last ten years and it is this unwavering commitment to our athletes early season training should be recognized. On behalf of the athletes, current and past thank you for your continued contribution.

The support network that each athlete has at home is key to their success. This family support at times may go unrecognized and slightly underestimated in the value. After this year's camp hopefully our athletes will come home with a healthy appreciation of all the small but important things that get done, laundry, meals and bike repairs! On behalf of our athletes thank you for your tireless support because without you the wheels would fall off the bike.

### **Day 7 (submitted by Ruby West and Nick Wammes)**

Today we had a unanimously great day of riding. Everyone was split up into 4 groups as we all rolled out for a 125km ride. The weather started off cloudy and sort of overcast but as we made it to the bottom of the long descent into Clayton the clouds moved aside for a beautifully warm and sunny day. The ride consisted of descending and fairly rolling terrain for the first 100km and then a big long climb for the last 25km. After making it through the flatter part of the ride seamlessly with only one flat from a gravel section, we were all having a ton of fun and enjoying the ride. By the time we got out onto the final climb back into Highlands, the sun was fully out and everyone in our group was feeling great. The last 25km were a slog up the mountain to make it back. The girls group had some funny conversation and of course did some picture taking which helped the time go by until we made it back home, just in time for the clouds and cold to roll back in.