

# Kingdom Sports Costa Rica Training Camp



Come join the Brown brothers in Costa Rica as they prepare for their 2018 season. The camp is a base miles camp with some awesome rides in warm weather. We'll be staying in the Arenal Hostel Resort for the week. There is plenty to do off the bike. A buffet breakfast is included. Your other meals can be at several restaurants around the hotel. The camp will be fully supported with Jose Alcala SRAM's Neutral Support mechanic, follow car etc. You'll train like a Pro Tour rider for a week in beautiful Costa Rica. The climbs will range from 4 to 14 KM long. Every day will be about 3-5 hours on the bike. We have added a second option for a rider who might not want to put in quite that many hours each day, but would like to hang out with a couple Pro's for the week and see what it is like to train with a Pro tour rider. The second option will have rides from 2-3 hrs each day. This is a great opportunity to kick off the season.

**The dates are December 30<sup>th</sup> – January 7<sup>th</sup> (plan to fly in on the 30<sup>th</sup> and return on the 7<sup>th</sup>)**

**The cost for the week with a buffet breakfast is**

**\$1500 for Juniors/U23. If spot reserved with \$700 deposit by Nov 1<sup>st</sup> after Nov 1<sup>st</sup> \$1800**

**\$2500 for Adults. If spot reserved with \$1200 deposit by Nov 1<sup>st</sup> after Nov 1<sup>st</sup> \$2800**

**Airfare, lunch and dinner are not included, please plan to fly into SJO (San Jose not Liberia)**

**There are plenty of places to get lunch and dinner that are very reasonable. Plus you can eat at the resort.**

**Any questions please feel free to contact me at [dbrown1115@juno.com](mailto:dbrown1115@juno.com)**