

# 2009

## PEAKS COACHING GROUP QUARQ POWER CAMP

### TRAINING AND RACING WITH A POWER METER



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Join Hunter Allen and Quarq Technology for our 2009 QUARQ POWER CAMP. Come spend 4 days and three nights riding some of the most scenic roads in the Black Hills of South Dakota, passing through historic Deadwood, scenic Spearfish Canyon, Keystone, beautiful Custer State Park (watch out for the buffalo!), Needles Highway, Iron Mountain Road, all capped off by ending one ride at Mt. Rushmore!

Leading the program is USAC Elite Coach Hunter Allen, founder of Peaks Coaching Group and co-author of "Training and Racing with a Power Meter" and Jim Meyer, founder of Quarq Technology. Hunter and Jim will be working one-on-one with each athlete in all aspects of power training, including proper WKO set-up, charting, file analysis, ride file analysis and using data to better train and race. As the sponsor of this camp, Quarq will be making demonstrating its Quarq CinQo Saturn Power Meters, which will be made available for trial and discount sale.



### ITINERARY HIGHLIGHTS

#### DAY One: Thursday, July 9<sup>th</sup>

- 10:00 am – Spearfish, Boulder Canyon, Deadwood Loop (66 miles, 4900 feet total climbing)
- 3:00 pm – Late Lunch / Snacks
- 3:30 pm – One on One power file analysis with Hunter/Jim  
Massages or Free time to just take a nap
- 6:00 pm – Evening Program (Hunter or Jim)

#### DAY Two: Friday, July 10<sup>th</sup> (Sprint Day)

- 10:00 am – Spearfish, Belle Fourche, St. Onge Loop (36 miles, 1600 feet total climbing)
- 2:00 pm – Late Lunch / Snacks
- 3:00 pm – One on One power file analysis with Hunter/Jim  
Massages or Free time to just take a nap
- 6:00 pm – Evening Program (Hunter or Jim)

\* 9:00 am Breakfast, 6:30 - 7:30 Dinner unless otherwise noted

#### DAY Three: Saturday, July 11<sup>th</sup> (End at Mt. Rushmore)

- 6:00 am – Breakfast
- 6:45 am – Travel to Keystone, SD
- 8:30 am – Keystone, Hill City, Custer State Park, Iron Mt. Road, Mt. Rushmore Loop (81 miles, 8500 feet total climbing)  
\* A shorter route (62 miles, 7100 feet total climbing) will be an option
- 3:30 pm – Late Lunch / Snacks while visiting  
Mt. Rushmore National Memorial
- 4:15 pm – Travel back to Spearfish, SD
- 5:45 pm – Clean up / Relax
- 6:30 pm – Dinner (BBQ burgers / brauts, etc.)
- 7:30 pm – Evening Program (Hunter or Jim)
- 8:30 pm – Power file analysis with Hunter/Jim  
Relax / Pack

#### DAY Four: Sunday, July 12<sup>th</sup> (Departure)

- Anytime – Departure
- 9:00 am – Optional ride up Spearfish Canyon

This will be an intermediate/advanced camp for racers who have been competing for 1 year or more, and/or are Cat 4 and higher. The camp will cover climbing, sprinting, group and break away riding techniques, mental training, tactics and strategies.

**The Cost for the Camp will be \$995** per person and will include lodging and all the other great things mentioned above. Lodging will be in the local Days Inn Hotel, double occupancy. It will cost extra if you want a private room for the duration of the camp (\$250).

**Nearest Airport:** Rapid City, SD

Transportation to and from the airport is included (about a 55 minute drive).

**Lodging:** Days Inn Hotel, Spearfish SD (included)

[www.peakscoachinggroup.com](http://www.peakscoachinggroup.com) • [info@peakscoachinggroup.com](mailto:info@peakscoachinggroup.com)

**CALL PEAKS COACHING GROUP 540-587-9025**



**Power Training. Powerful Results!**

## TRAINING AND RACING WITH A POWER METER

### MEET OUR COACHES



**HUNTER ALLEN**  
Author of *Racing and Training with a Power Meter*

#### Learn Power Training From the Guy who Wrote the Book!

Widely known as one of the top experts in the world in coaching endurance athletes using power meters, Hunter's goal has always been to teach athletes how to maximize their training and racing potential. Through professional analysis of their power data, Hunter helps discover an athlete's true strengths and weakness, quantitatively assess training improvements and refine and maximize the focus of their training. "Power Training can add a whole new dimension to your cycling. By using a power meter, you literally have a 'second by second' training diary, which allows me, as a coach, to not only see exactly what you are doing on your rides, but also to plan training using the 'dose' and 'response' method," Allen states. Hunter's power training method has built success at all levels of cycling and endurance sports, training well known professional & Olympic athletes such as Jeremiah Bishop (Volkswagen-Trek), 2008 U.S. National Champion Mountain Biker, Daniel Lloyd (CerveloTest Team), 2008 Vuelta de Extremadura, Sue Haywood, 2007 World Mountain Bike 24 Champion, Dan Fleeman (CerveloTest Team), 2008 Winner of Tour of Pyrnees and with the 2008 USA Olympic BMX Team.



**JAMES MEYER**  
Founder of Quarq Technology

#### Be the Guest of Quarq Technologies

James holds a Master of Science in Mechanical Engineering from the Massachusetts Institute of Technology with a graduate thesis on race car data acquisition. He has also designed, constructed and raced solar-powered vehicles.

An elite age-group triathlete, James has represented the United States in short and long course age-group world championships. He is a three-time Ironman finisher, including the Ironman World Championship in Kona, Hawaii.

In 2006, James took a break from work to train and race full time in Australia. He wanted a top end powermeter, but without an income it was difficult to justify the purchase. This is how Quarq began. Quarq's mission is to develop innovative, technologically advanced bicycle data acquisition products that improve bike and rider performance and set new standards in simplicity and accessibility.

The Quarq team is headquartered in Spearfish, South Dakota and builds the CinQo powermeter locally in a world class manufacturing facility. Experts in our fields, we work to bring the best in data acquisition technology to the bicycle.

### FAQ & INFO

You will need to arrive on Wednesday afternoon/evening (08-Jul-09) before the camp is to begin, unless you are local and can drive to the camp for Thursday morning. Please make arrangements.

We want to have all the bikes put together by Thursday morning, so we can start riding by 10am that morning. We have lots of things to go over and everyday will be critical for you to get the most out of the camp.

Bikes may be shipped ahead to Quarq Technology, 2928 4th Ave, Spearfish, SD 57783. Quarq will also ship your bike home after the camp, shipping cost depends on location. You must pack your bike up before delivering to Quarq for return shipping.

We are only accepting 15 riders for this camp, so please register early!

Local riders are always welcome at The Peaks Coaching Group camps! Fees for local riders are: \$150 per day. This includes all daily activities! You can stay and attend the evening lectures for an additional \$25 daily.

A Camp Packet will be sent out two weeks before the camp, so that everyone will know how the camp is going to flow and all pertinent data, directions, etc.

Peaks Coaching Group Athletes get the first shot at these camps! All you have to do is sign up for our coaching services now to move right to the front of the line and receive a 5% discount!

#### WHAT THE CAMP WILL ENTAIL:

- One on one power consult with Hunter Allen
- [Opportunity to have your power meter files reviewed by Hunter Allen and Jim Meyer](#)
- Training recommendations & analysis of you as a rider
- [Power and heart rate training zones to take with you](#)
- Full-Time Mechanic Support - Clean and adjusted bikes every morning.
- [FOOD! This includes food on the road, lunch & dinner](#)
- Full Sag Support during rides
- [Pick-up and return trip to Airport](#)
- Lodging from Wednesday night (7/08) through Sunday morning (7/12).
- [Discount on the purchase of a Quarq power meter](#)
- Incredible coaching and beautiful riding!

## SPONSOR PRODUCT HIGHLIGHT

# CINQO SATURN

### The CinQo Saturn

The second generation is here. Five arms, each precisely instrumented in a (patent pending) arrangement and now connected by the "Ring of Saturn". Add in the ANT+Sport™ Bike Power Interface with the convenience of a user replaceable CR2450 battery and you've got Quarq Power!

#### Description:

Crankset based bicycle power measurement sensor, via torque transducer and cadence sensor.

#### Wireless Communication:

ANT+Sport Bike Power Interface, 2.4 GHz digital RF transmission. Compatible with other Bike Power enabled ANT+Sport computers from other manufacturers.

#### Measurement:

Strain gage based, 20 grids on 10 gages in Quarq proprietary arrangement (Patent Pending).

#### Electronics:

Ultra-low power electronics package including high-accuracy strain gage measurement and low power consumption.

#### Crank Arms Compatibility:

The CinQo is designed for attachment to production cranksets with separate spider assemblies.

#### Current Models (130mm BCD only):

- Rotor Agilis
- FSA Team Issue
- Pinarello MOST (with a removable spider)
- SRAM S900
- Bontrager Race X Lite
- Truvativ Rouleur Carbon

**RESERVE YOUR DEMO FOR CAMP**

**EMAIL: [info@peakscoachinggroup.com](mailto:info@peakscoachinggroup.com)**



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