



THE
LITTLE NELL



CLIP-IN CYCLING CAMP

ASPEN, COLORADO
AUGUST 13 - 17, 2023

SCHEDULE OF EVENTS

SUNDAY, AUGUST 13 - ARRIVAL DAY

2 - 5 PM Ventum Bike Fitting in the Grand Salon	4 PM Hotel Check-In	5 PM Optional Group Warm Up Ride - Meet in Lower Gondola Plaza	7 PM Opening Reception in The Wine Bar and Outdoor Terrace
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MONDAY, AUGUST 14

7 - 9 AM Breakfast at your leisure at Element 47	8:45 AM Meet in Lower Gondola Plaza	1 PM Lunch on Ajax Tavern's patio	5 PM Sensei Wellness Q&A in The Gallery at Element 47	7 PM Dinner at Casa Tua <i>*Cocktail Attire *Meet in front of The Wine Bar at 6:45 to walk over</i>
8 AM Sensei Warm-Up in The Wine Bar	9 AM RIDE Ashcroft Out + Back <i>*optional bonus ride after</i>			

TUESDAY, AUGUST 15

7 - 9 AM Breakfast at your leisure at Element 47	8:45 AM Meet in Lower Gondola Plaza	12 PM Sensei Recovery in The Wine Bar	1 PM Lunch at the ASPENX Mountain Club <i>*Smart Casual Attire *Meet at the base of the gondola at 1 PM, ticket will be provided</i>	5 PM Sensei Wellness Q&A in The Wine Bar
8 AM Sensei Warm-Up in The Wine Bar	9 AM RIDE USA Pro Cycling Challenge Loop in Reverse			6 PM Cocktail Reception in the ASPENX store
				7 PM Dinner at Ajax Tavern

WEDNESDAY, AUGUST 16

7 - 8 AM Breakfast at your leisure at Element 47	7:45 AM Meet in Lower Gondola Plaza	12 PM Sensei Recovery in The Wine Bar	4 PM Sensei Wellness Q&A in The Wine Bar	7 PM Gala Dinner on Element 47's patio <i>*Cocktail Attire *Dinner service begins at 7:15 pm</i>
7 AM Sensei Warm-Up in The Wine Bar	8 AM RIDE Independence Pass	1 PM Lunch in The Wine Bar		

THURSDAY, AUGUST 17 - DEPARTURE DAY

7 - 9 AM Breakfast at your leisure at Element 47	12 PM Hotel Check-Out
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RIDING DETAILS

MONDAY, AUGUST 14

ASHCROFT OUT + BACK
WHISPERING ANGEL KIT

TOTAL DISTANCE: 28 MILES
TOTAL ASCENT: 2,003 FEET

Depart from The Little Nell and ride 1.5 miles west to the start of Castle Creek Road. This road meanders uphill through the beautiful Castle Creek valley, along its namesake creek. Approximately 11 miles up the road, you'll pass the ghost town of Ashcroft where you can still see some of the historic mining cabins. Continue past Ashcroft for a couple of miles until the pavement meets the gravel and the road forks. A SAG wagon will be stopped here as the designated spot for your U-turn back to the hotel.

TUESDAY, AUGUST 15

USA PRO CYCLING CHALLENGE
LOOP IN REVERSE
ASPENX KIT

TOTAL DISTANCE: 24.25 MILES
TOTAL ASCENT: 2,378 FEET

Ride the same route that Christian rode in stage 1 of the 2013 USA Pro Cycling Challenge - in reverse. From The Little Nell, ride west towards the Marolt Trail until it turns into Cemetery Lane. Climb McLain Flats Road, then ride Smith Hill Way, where we cross Highway 82. Begin the climb up Juniper Hill Road, then ride down Medicine Bow Road until you reach Brush Creek Road. Ride up the Brush Creek bike path towards Snowmass Village until you reach Anderson Ranch, then take a left on Owl Creek Ride. Ride down Owl Creek towards Buttermilk, then take the Aspen Airport Business Center bike trail next to Highway 82 and join the bike path back to Aspen.

WEDNESDAY, AUGUST 16

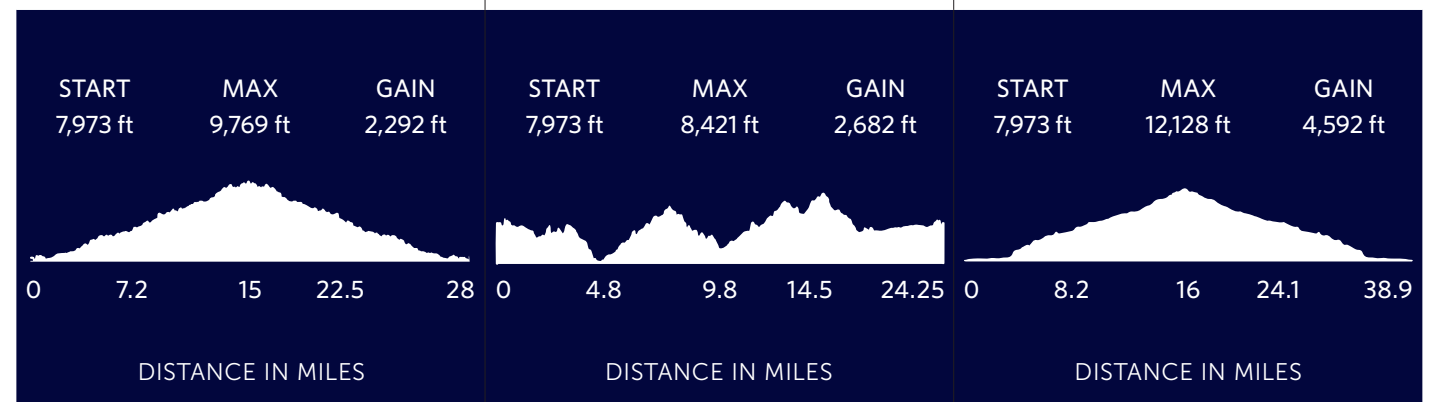
INDEPENDENCE PASS
THE LITTLE NELL KIT

TOTAL DISTANCE: 38.9 MILES
TOTAL ASCENT: 4,592 FEET

For our final road ride we'll ascend Independence Pass, the highest paved pass in North America.

ROUTE FROM TOWN
Rest stop 1: 13.6 miles, Lower Lost Man
Rest stop 2: 19.5 miles, Top of Independence Pass

Round trip from Independence Gate back to Town: 33.37 Miles
Total ascent: 3396 ft
ROUTE FROM GATE
Rest stop 1: 4.22 miles, Lincoln Creek
Rest stop 2: 8.07 miles, Lower Lost Man
Rest Stop 3: 13.97 miles, Top of Independence Pass



CAMP INFORMATION

HOTEL CHECK-IN:

Hotel check-in is at 4 pm. If you arrive early and your room is not ready, you are welcome to leave your bags with the bell staff.

EVENTS:

Dress code is casual for all events, with the exception of select meals noted on the schedule of events. Dress warmly and bring extra layers, as evenings in the mountains can get cool.

BREAKFAST:

Each morning, enjoy the Element 47 breakfast at your leisure. Element 47 opens at 7 am.

CYCLIST SUPPORT:

Riders will be accompanied every step of the way by our pros and team mechanic, plus support vehicles stocked with food, beverages and spare parts. Rest assured, no rider will be left behind.

WATER BOTTLES:

Two water bottles will be provided daily to each rider to keep you adequately hydrated. Each morning, one bottle will be prepared with Skratch energy drink mix, and the other with water and may be replenished throughout the ride. Please let us know if you have additional requests.

PHOTOS:

Don't forget to smile as you ride, as our official photographer Steve Goff will be capturing all the action throughout the camp! We'll share a link to all photos post-camp.

KITS:

Three Pedal Mafia cycling kits will be provided to all camp participants. Please check the ride schedule to see which kit to wear each day.

GEAR BAG:

A gear bag with gifts will be provided for your convenience. There will also be a drawstring bag with your name on it. Each morning, please pack any clothing or items you would like to send along in the SAG wagon and bring it with you to the front drive. These drawstring bags will travel alongside riders in accompanying vehicles and be accessible at designated stops. An extra layer is recommended for the ride down Independence Pass.

BIKE STORAGE:

Riders will need to retrieve bikes from the bike rack that is around the corner from the hotel entrance desk. Upon return, riders must bring bikes back to the same bike rack.

SENSEI:

Luxury wellness brand Sensei is providing warm-ups, recoveries, and Q&As during Clip-In this year, offering a different focus daily.

- MONDAY - Pedal, Recover, Repeat: Building Cycling Resilience Through Recovery
- TUESDAY - From Desk to Bike: Tips for Improving Posture
- WEDNESDAY - Cycling Alchemy: Transforming Biomechanics into Peak Performance



PLEASE CONTACT US IF WE MAY PROVIDE ASSISTANCE DURING YOUR STAY:

MAY SELBY / MAIN CAMP CONTACT | 970.618.7669

CONCIERGE | 970.920.6365

TRANSPORTATION | 970.920.6304

PACKING LIST

ON THE BIKE

- Cycling jerseys or athletic shirts (for arrival day ride)
- Cycling shorts (for arrival day ride)
- Cycling shoes (if you bring your own pedals)
- Sneakers (if you don't bring your own pedals)
- Athletic socks
- Lightweight, waterproof, wind-resistant jacket or vest
- Bike saddle/cover (if you prefer your own)

OFF THE BIKE

- Walking shoes
- Long and short-sleeved shirts
- Sweater/jacket for evenings
- Dinner attire (dressy casual) + dress shoes
- Swimsuit

TRAVEL ITEMS*

- Emergency contacts
- Health insurance information
- Medications

*We recommend traveling with these items in your carry-on

ADDITIONAL ITEMS

- Cell phone and charger
- Power cord
- Toiletries
- Sunscreen, sunglasses, and other sun protection gear
- Insect repellent
- Chamois Cream

WHAT WE PROVIDE

- Cycling jerseys (3)
- Cycling bibs (3)
- Cycling socks (3)
- Cycling gloves (1)
- Bike
- Saddle
- Water bottle
- Snacks/nutrition each ride
- Gear bag
- Helmet
- Sunglasses
- Sunscreen

DO I NEED TO BRING SPECIAL CYCLING GEAR?

Be sure to bring your own cycling shoes and pedals. If you have never used clipless pedals before, we do not recommend trying them for the first time on this trip.

DRESSING FOR THE WEATHER

Aspen's weather can range from chilly mornings to hot days to afternoon rain showers. Please check extended forecasts before your trip and pack accordingly.

NOTES:

MEET THE PROS



CHRISTIAN VANDE VELDE

The son of U.S. Bicycling Hall of Fame inductee, John Vande Velde, Christian was raised on cycling and began riding at age 16. He has competed in most major cycling events including the World Cup, all three Grand Tours, two Olympic Games, eleven Tours de France (including two team victories and 4th and 7th best finishes) and won the 2012 USA Pro Challenge. Currently, Christian works as an analyst for NBC Sports for the Tour de France and the Olympics and is a guest instructor for Peloton. This is his 10th time leading The Nell's signature cycling camp. Instagram: @christianvdv



TRAVIS MCCABE

Travis McCabe is a highly accomplished professional cyclist known for his exceptional skills and achievements in competitive cycling. He has proven himself as a force to be reckoned with, accumulating 3 national criterium championships, over 21 professional road victories, and numerous podiums. His versatility and tactical acumen have made him a valuable asset in both sprint stages and demanding road races. Admired for his sportsmanship and positive influence, Travis serves as a role model for aspiring cyclists, inspiring them to pursue their dreams and push their boundaries. Instagram: @travis_mccabe



TYLER FARRAR

After entering his first bike race at the age of 12, Tyler was immediately hooked. He worked his way through the junior ranks and turned professional in 2003. Over the course of a 15-year professional career he became one of the most winning American cyclists of all time and was the only American cyclist to win stages in all three of the grand tours. After retiring in 2017, he changed gears and became a firefighter. Tyler now lives in Wenatchee, Wash., with his wife and son and spends his free time in the mountains skiing, mountain biking, alpine climbing and hunting.

SUPPORT TEAM



DIAA NOUR

An accomplished businessman and lifelong athlete, Diaa co-founded Venum LLC in 2015 after successfully exiting the telecom sector. Venum began as a passion project seeking to change the bike industry by introducing new aerodynamic technology and the first triathlon-specific bike. As CEO of Venum, Diaa has grown the business from a humble start-up in Miami to its current headquarters in Utah. He's led the development of the innovative NS1 road bike and recent introduction of the GS1 gravel bike. Venum is the official bike sponsor for the camp. Instagram: @diaa10



BARRETT BRANDON

Barrett joined Venum in 2019 after working in the Healthcare and Independent Service Organization space, and currently serves as the CFO. A former professional triathlete, he competed for eight years all over the world in competitions from Olympic distance to Ironman. These days he loves anything that involves two wheels and a gravel road. He most recently completed the 206-mile Unbound Gravel Race in Emporia, Kansas. He spends most weekends grinding at local gravel races or in the mountains riding his bike up the steepest climbs you can find. Instagram: @barrettbrandon_

CLIP-IN CYCLING CAMP

THANK YOU TO OUR SPONSORS



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Ventum exists to provide every athlete with the highest caliber design, performance, and innovation. They are providing the use of their state-of-the-art NS1 road bikes along with the support of a bike fitter and mechanic.



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ASPENX is a contemporary retail and experience brand from the Aspen Skiing Company. They are providing a custom kit for each participant and are hosting the Cocktail Reception in their store prior to Tuesday's dinner.



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Whispering Angel is an esteemed cuvée of the wine producer Château d'Esclans, situated in the heart of Provence, France. They will be pouring their renowned rosé during the event and are providing a custom kit for each participant.



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Skratch Labs makes sports nutrition designed to help you perform and feel better, using real food from scratch. They are providing water bottles, hydration mix, and road snacks for all of the rides.