

4-day camp trains cyclists for Death Ride

The 13th annual Near Death Experience will take place at Kirkwood Mountain Resort from June 7-10.

This camp prepares riders for the Death Ride, the 129-mile bike tour of the California Alps on July 14.

Led by coach Rob Panzera from Cycling Camp San Diego, campers will be provided the knowledge and hands-on training necessary to conquer the Death Ride. Each day consists of on-the-road coaching, including cycling safety, bike positioning, descending skills, climbing skills, nutrition tips, Death Ride insight and additional tools to master the event.

Riders will also have a chance to experience all three mountain passes of the Death Ride tour, depending on ability and inclination. Broken out among the three days of camp, riders can get a feel for the route by riding over Monitor Pass (8,314 feet), Ebbetts Pass (8,730 feet) and Carson Pass (8,573 feet).

Participants in the camp are also guaranteed entry into the 2012 Death Ride, for which open registration is now closed. For a detailed camp itinerary or to register, [click here](#).