

# BASECAMP

TRAIN WHERE YOU BELONG



November 27, 2023 through March 17, 2024

## 360° VIRTUAL WINTER TRAINING PROGRAM

### Training, Nutrition, Strength, and Education



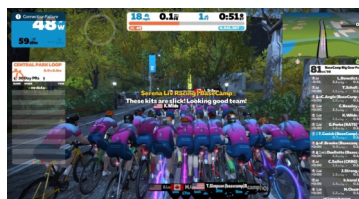
16 week pro training plan customized to your training hours and cycling discipline. Plus expert nutrition and strength programs, and advanced education courses from our world class coaching team.

## BASECAMP COMMUNITY

The BaseCamp community is what makes our program so successful. We have a diverse group of members, from beginners to elite riders, each with unique goals, a passion for cycling, a desire to improve, and a willingness to help and motivate each other.

## EXPERT COACHING AND GUIDANCE

Our elite team of BaseCamp coaches and pros will ride and train beside you all winter long. Join us for Zwift group workouts, live Zoom webinars, and podcasts, or check out our extensive library of classes, videos, and articles.



## AMAZING VALUE

Hire an expert team of coaches for only \$125.00 per month. A bit more than a simple training plan but a lot less than private coaching. [Compare](#) the options.



## MEET NEW FRIENDS

Our vibrant private Facebook group is our social hub.

Fun challenge events are rewarded with prizes from our sponsors.

Coach-led Zwift workouts makes training fun and teaches skills and good training habits.

Happy Hour Zoom events let you meet your fellow members.



# BASECAMP TEAM

## Program Leaders



Namrita Brooke  
Coach &  
Nutritionist



Tim Cusick  
Head Coach



Menachem Brodie  
Strength Coach

## Team Coaches & Pros



Kate Johnson



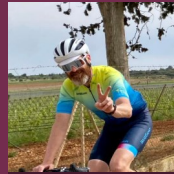
Karen Mackin



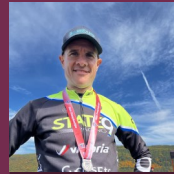
Tina Hart



Jim Pomeroy



Nathan Goates



Paul Jobin



Len Pettyjon



Kathy Watts



Brig Brandt



Scott Moninger



Rebecca Durrell



Rebecca Rusch

## Is BaseCamp for me?

YES! We welcome all types of cyclists in BaseCamp; Gravel, Roadies, Mt. bikers; advanced and beginner riders. Ride indoors virtually with the team or outdoors on your own.

## How does BaseCamp work?

- **STEP 1: Join the community**  
Sign up for BaseCamp (and tell your friends too)
- **STEP 2: Tell us about yourself**  
Complete our training questionnaire.
- **STEP 3: Get connected.**  
Join our Facebook group and download Zoom.
- **STEP 4: Receive your custom training plan**  
We'll load your plan into your TrainingPeaks account.
- **STEP 5: Start riding and join us**  
Follow your plan and join our group workouts.
- **STEP 6: Keep the conversations going.**  
Visit the Facebook group to ask questions, share stories, watch videos and lots more.

## What will I need to participate?



**A bike and a trainer**  
(preferably a smart trainer)



**A Facebook account**  
if you'd like to participate in the group



**A Zwift account**  
if you'd like to join our group rides



**A power meter**  
but our plans also work with heart rate training

## Join us in BaseCamp

Train where you belong this winter! We hope you'll join us and become part of the BaseCamp family and community.

Have questions? Need more information? [Check out our webpage](#) or [email us](#). We're happy to help in any way we can!



## ATTN: CLUBS AND TEAMS

### SAVE \$50 off your membership price

Have **10 or more members\*** of your club or team join BASECAMP by Oct 15th and they each will receive \$50.00 off their BaseCamp membership

### CLUB and TEAM benefits

- Special Saving on membership
- Club/Team branded landing page on the BaseCamp site for members to meet
- Zwift Meetups with team and coaches
- Access to all BaseCamp education, webinars, zoom meetings, nutrition, strength, yoga and more
- Access to all coaches via Facebook for training questions and more
- Free training plan advice for spring, summer and fall training.

### How does the Club/Team program work?

- Email flyer to club members, put in club newsletter, set up [free consult](#) with BaseCamp coach Kathy
- Individuals buy \$25.00 "Save Your Spot" Club memberships all summer long
- If you have 10 members by Oct 15th 2023 each individual on your team will receive 50.00 off their BaseCamp membership.
- We'll keep you updated on how many members sign up, if 10 or members by Oct 15th 2023, each individual receives 50.00 off their membership. Refunds on deposits are allowed before November 1st.

### Join us in BaseCamp

Have questions? Need more information? [Check out our webpage](#) or [email us](#). We're happy to help in any way we can!