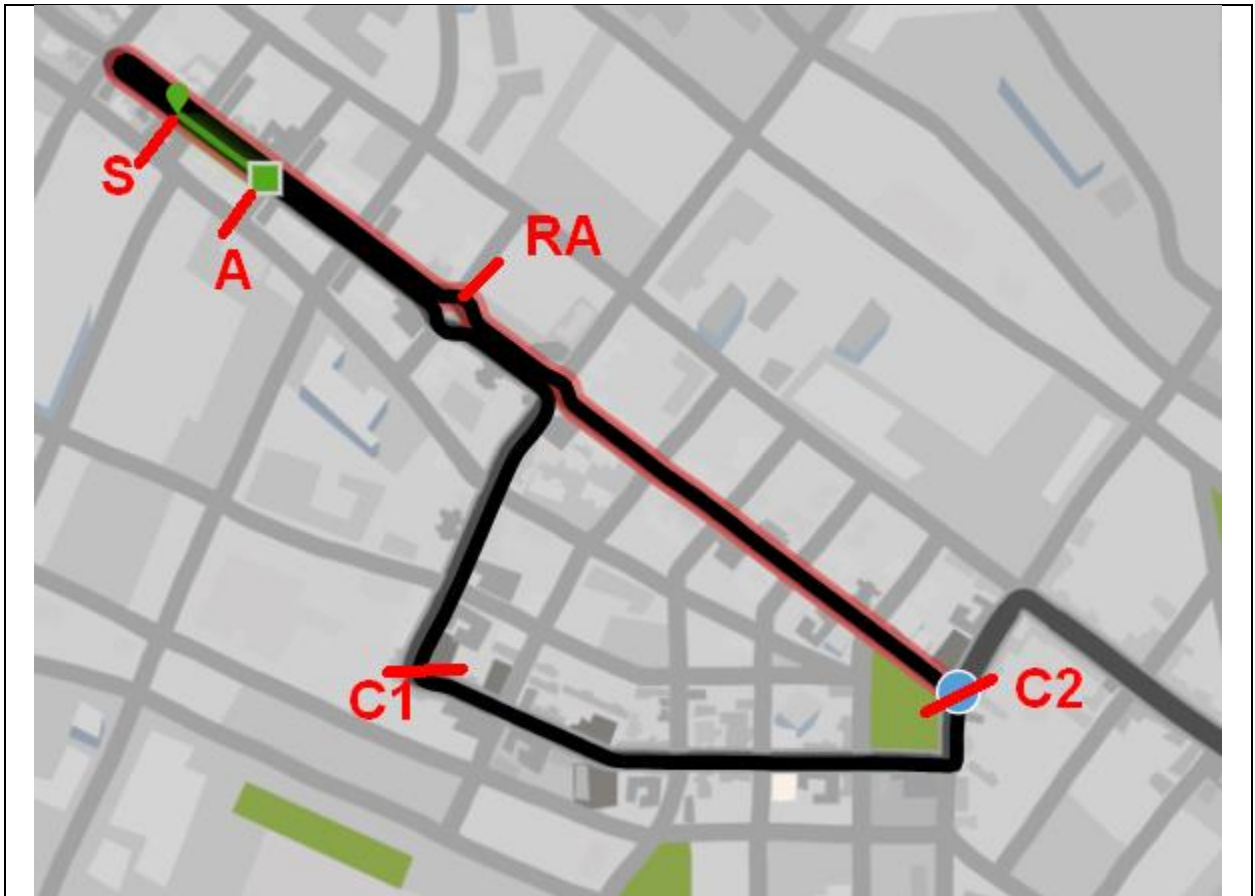




SUMMER CAMP

Visit Richmond

Use a fan, it's flat!



Step	Start time	Duration	B	C
Warmup	From pen	To C2	2.0 to 2.8	1.6 to 2.4
Step 1	From C2	To RA	2.8	2.4
Step 2	From RA	To Sprint line	3.2	2.8
Step 3	From S	To Arch	Full sprint all	Full sprint all
Step 4	From A	To C1	Hard rest	Hard rest
Step 5 and repeat	From C1	To C2	2.4	2.0
Last few minutes	From there	To the end	PYRAMID	Mini race

Roadbook:

Warmup is a free mix between min and max values per categories, at leader's discretion.

The pen is away from the route which will take more or less 9 minutes to arrive to C2.

Regroup mandatory right after the sprint, this part is a hard rest.

Hard rest B=1.9 and C=1.5.

The last few minutes should include a PYRAMID for B and a mini race for C, as each group is used to these little endings. But it's free to the leader to decide what last push will happen! *\0/*