



NorCal MEGA

COACH RETREAT

MENDOCINO, CA

Thursday

- 12 PM** Check-in Begins
- 2 PM - 5 PM** Chill Group Ride
or MTB 101
- 5 PM - 6 PM** Guest Speakers:
Yuri Hauswald & Roo Harris
on Mendo Woodlands
- 6 PM - 7 PM** Dinner
& 2024 Sneak Preview
- 8 PM - 9 PM** Coach-led fireside chat:
best practices to share!
- 10 PM** Quiet Time

Friday

- 7 AM - 7:30AM** Gental Yoga w/Team Hauswald
- 7AM - 8:30 AM** Breakfast
- 9 AM - 12 PM** MTB 101 or CPR or Group Ride
- 12 PM- 12:30 PM** Lunch at camp
- 12:30 PM - 2:30 PM** Group Ride
- 2:30 PM - 3:30 PM** Let's talk about GRIT
- 3:30 PM - 5:00 PM** MEGA Shit Show Short Track
- 5 PM - 6:00 PM** Cocktail Hour
w/ Curley Whirley & Farmer Arann
- 7 PM - 8 PM** Coach-led Fireside Chat:
Junior Development
- 8 PM - 9 PM** Jam Sesh w/ Farmer Arann
- 10 PM** Quiet Time



MEGA MEGA MEGA

Saturday

- 7:00 AM - 7:30 AM** Gettin' Swole
w/John Cheetham
- 7AM - 8:30 AM** Breakfast
- 9 AM - 12 PM** Group Ride
- 12 PM - 12:30 PM** Lunch at camp
- 2:00 PM - 3:30 PM** Shred Skills
w/Brian Astell
- 5 PM - 6:00 PM** Wine tasting
hosted by Lula Cellars
- 6 PM - 7 PM** Dinner
- 8 PM - 10 PM** GLOW PARTY
- 10 PM** Quiet Time

Sunday

- 7 AM - 7:30 AM** Gentle Yoga
w/ Team Hauswald
- 7AM - 8:30 AM** Breakfast
- 9 AM - 10 AM** Pack up
- 10 AM - 12 PM** Chill Group Ride
- 12 PM** Packed Lunch
- 2 PM** Check-Out

