



## FITNESS

# *Gaining Velocity*

LEARN FROM THE CYCLING WORLD'S crème de la crème at Rancho Valencia in Rancho Santa Fe, Calif., this January. The resort's camp includes personalized coaching by top cyclists, including two-time Tour de France rider Christian Vande Velde and special guest pro-rider George Hincapie. The retreat includes daily pro-led rides; massages at the spa; a dinner with the professionals; riding apparel and gear; ride documentation with a professional photographer; sag wagons by Porsche, Audi, and Range Rover; and overnight accommodations for five days and six nights in one of the resort's plush casitas. From January 23 to 29. \$10,000 per rider, \$16,000 for two riders, \$13,000 per rider with the addition of a non-riding guest, and \$1,200 per day for day rider. » 5921 Valencia Circle, Rancho Santa Fe, Calif., 858.756.1123, [www.ranchovalencia.com](http://www.ranchovalencia.com)