

Cycling Clinic

February 12, 2005

Location

V.A. Hospital
5201 Raymond Street
Winter Park, FL
11:00 am until 1:00 pm

Please bring...

Notebook
Pen / Pencil
Sunblock
Cycling shoes
Bike
Come dressed to ride
Be prepared to ride

You will receive...

A training plan
Nutrition & Performance product information
Bike fit
Skill drills
Time Trial, Sprint, Climbing techniques
Injury prevention techniques
Mental skill development

Target events

March 5, 2005 – Avalon Park Cycling Festival
March 6, 2005 – Orlando Cup #1