

WOMEN-ONLY CLINIC



\$20

(FREE TO PLATINUM LEVEL MEMBERS)

Indoor trainer and roller clinic that focuses on strength, stability and core development + pedal stroke, cadence, shifting and climbing technique. Geared toward riders of all ages and abilities looking to improve fitness and finesse in 2009.



FEB 28
12:30-3pm

WHAT TO BRING

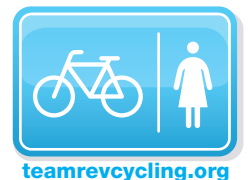
Bike, trainer, sweat towels (for under bike and for face), shoes, cycling shorts, jersey or wicking shirt, riser block, 2 water bottles

REGISTRATION

\$20/participant
\$5/trainer rental (arrange in advance with Steph)
*free for platinum members or with clinic coupons
To reserve your spot and trainer you must email Steph Nadeau steph@teamrevcycling.org
Advanced registration strongly encouraged but not required you can pay the day of the clinic

FAQS

Check the forum and website for further details and answers:
www.teamrevcycling.org



teamrevcycling.org