



GET SOME PRESENTS~

2010 INAUGURAL CYCLING SKILLS CLINIC

Men, you're invited too!

ACA Permit No. CO-1049

May 23, 2010 10am- 4pm; BYOB Bring Your Own Bike

Morrison Inn, 301 Bear Creek Avenue, Morrison, Colorado 80465

- Morning lecture by Neil Fraser, USA Certified Cycling and Triathlon Coach; Owner and Founder of Tri More Fitness. Topic will include fueling for endurance, power and recovery
- Lunch Provided at Morrison Inn
- Afternoon on-the-bike doing skills/ drills conducted in small groups led by:
 - ~ Tyler Hamilton, Olympic Gold Medalist, Men's Time Trial
 - ~ Alison Powers, Nat. Time Trial Champion, Pro, Team Vera Bradley Foundation
 - ~ Kerstin Weule, Xterra Triathlon World Champion, Ret. Pro

Bike Handling skills including braking, fast cornering, descending, climbing, bumping and riding safely in a pack.

Capped at 60 participants. Register: www.getsomewomensracing.com/2010_aca_skills_clinic

Early Registration \$85.00; After April 15th \$95.00. Registration Closes May 15, 2010

ACA license required. Annual license can be purchased online at www.americancycling.org
One-day Licenses available for \$10.

