

# Ryse Training Classic

presented by



Forgo traditional physiological laboratory testing and register today to get the same metrics using only your power meter! Vetted by the top physiologists and universities in the world, our software will give you everything you need for your winter training!



## What you need:

- Power meter
- Cycling computer
- Bike
- Helmet
- Two hours

## What you'll get:

- VO2 Max
- Lactate threshold
- Metabolic fingerprint
- Training ranges
- Coaching advice
- Discount code for 15% off EVOC products
- Access to espresso, coffee and pastries provided by Hold Fast Coffee Co.
- Exclusive offers to Skratch Labs products
- 50% off your next test if you sign up for coaching!

**Location and Date:** Valmont Bike Park Pavilion (5325 Valmont Rd Boulder, CO 80301). **October 6, 2018**  
**Start time:** Show up as early as 7am to get started! We will have explicit instructions for you. The last test will commence at 1:00PM and the event will conclude at 3:00PM MST.  
**Cost:** \$79 if you preregister and \$95 for day-of registration. **YOU MUST HAVE A VALID USAC LICENSE OR A ONE-DAY LICENSE!**

Questions? Email [info@ryseon.com](mailto:info@ryseon.com)



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What does it mean to become an INSCYDer

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