

Get Ready for 2008 *Cycling Seminars*

Goal Setting & Time Management

January 17th, 7pm
Fee: \$20.00

Use Your Fat as Fuel
Endurance – Efficiency
Improve fitness for Cycling
Building Your Miles

Hill Climbing Drills & Nutrition

Feb. 13th, 7pm
Fee: \$20.00

On the bike drills
Exercises to climb better
Nutrition to climb
Building Your Miles

Good Bye Winter, Hello Spring

March 12th, 7pm
Fee: \$20.00

Spring riding – Health issues
Hydration
Building You Miles

Taper & Recovery

April 2nd, 7pm
Fee: \$20.00

Taper for an event and why
Recovery for after the event
Nutrition for before, during and after your event

Competitive Cycling

May 13th, 7pm
Fee: \$20.00

How to take your cycling to the next step

Other Classes Offered

Basic Bike Repair – Jan. 16th, Feb. 20th, March 19th , April 15th

Rider Ready – Jan. 19th, Feb. 16th and March 22nd

Women's Seminar – Feb. 9th & 10th

For more information please call 713.466.1240

INSTRUCTORS:

Lori Walker USAC Level 2 coach and League of American Cyclist Instructors
Cristin Walker U23 National Champion, competitive cyclist for the last 9 years
Daniel Walker 2 time Junior National Champion

Northwest Cyclery
17458 Nw Frwy
Houston, Tx 77040
713.466.1240

Spring Valley Bicycles
9414 Gaylord
Houston, Tx 77024
713.464.8277

Southwest Schwinn
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713.777.5333