

Race Preparation Training Day



Objective:

- Fine tune your race skills before the first FloridaCycling.com race weekend in Gainesville
- Learn and practice cornering and handling skills for criterium and road races
- Learn how to master a turn-around in a time trial
- Get the "kinks" out before the first race (bike equipment malfunction, chains dropping, water bottle cages, etc)
- Develop a plan for the first race (as individual or teammate)

Cost: \$25

What's Included:

- 2 hour training ride
- Immediate and personalized feedback
- Hand's on practice and coaching

Date/Time: Saturday, January 27th, 2018. 8:30am

Where: Winter Garden Station Trailhead: 455 E Plant St, Winter Garden, FL 34787

Registration: On-site or pre-register here:

<http://stevenperezluha.com/events/>

Questions: Steven Perezluha, stevenacrossamerica@gmail.com, 407-619-5304