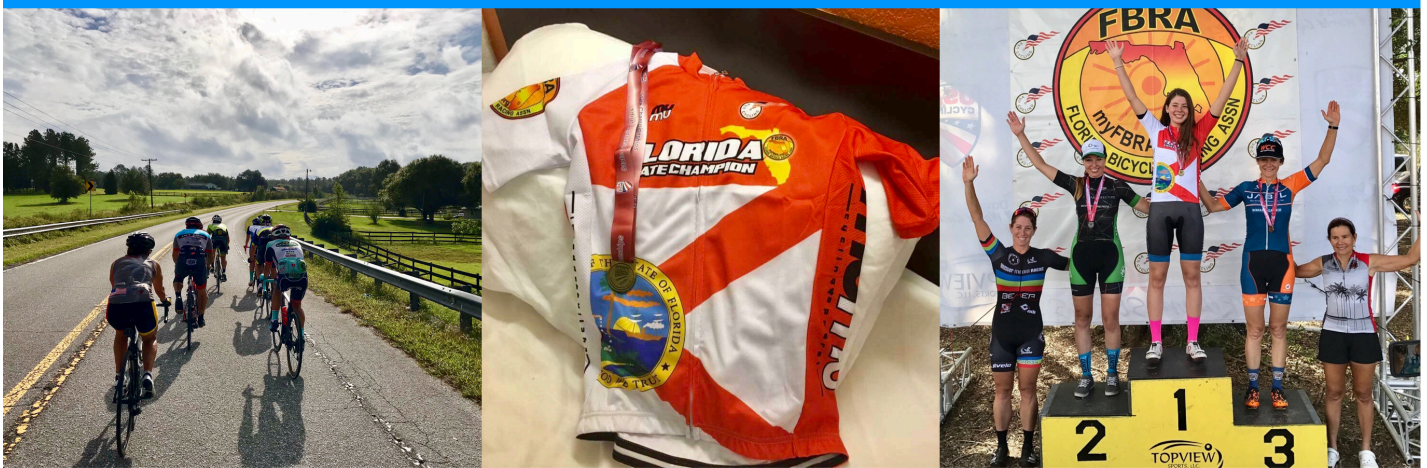


# 2018 Florida State Road Race Recon Training Ride

Sunday  
8:00am



October 14,  
2018



## Objective:

- Learn valuable tips to help you perform your best for this event
- Fine tune climbing skills (pacing, body position, breathing, attacking, and cadence)
- Come up with execution plan to perform your best and go for a win in the State Road Race!
- Perfect how to ride your own power and using your efforts wisely throughout the race

**Cost:** \$25

\*Free for Perezluha Coaching Clients

## What's Included:

- ~60 mile training ride (3 hours); 3-4 laps of State Road Race Course and finishing climb repeats
- Individualized and structured advice and feedback to help fine tune for the State Road Race
- Hand's on coaching and advice

**Date/Time:** October 14, 2018 8:00am (meet at 7:30am)

**Where:** San Antonio Athletic Complex (12750 Oak St, San Antonio, FL 33576)

**Registration:** On-site or pre-register here:

[Registration Page](#)

**Questions:** Steven Perezluha, [stevenacrossamerica@gmail.com](mailto:stevenacrossamerica@gmail.com), 407-619-5304