

Skills, Pacing, and Progression Group Ride

**Sunday
8:00am**



**October 28,
2018**



Objective:

- Learn valuable group ride skills to help you progress to faster group rides
- Pacing instructions and positioning practice
- Progress from C to B to A group rides
- Avoid hitting a plateau in training and group rides
- Learn valuable tips from two coaches to help grow as a rider

Cost: \$25

*Free for Perezluha Coaching and Motion Fit Clients

What's Included:

- 45 mile training ride (~2.5 hour ride); 16-18mph pace
- Immediate and personalized feedback
- Hand's on coaching and skill work

Date/Time: October 28, 2018 8:00am (meet at 7:30am)

Where: Minneola Athletic Complex (1300 Fosgate Rd, Minneola, FL 34715)

Route: <https://ridewithgps.com/routes/28304415>

Registration: On-site or pre-register here:

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

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