

2019 Florida State Road Race Recon Training Ride

Sunday
8:00am



October 13,
2019



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 go for you best result and win at the State Road Race!
- Perfect how to ride your own power and using your efforts wisely throughout the race
- Learn every single spot on both of the courses plus tips for weather/wind

Cost:

- \$25 for public
- \$20 for Perezluha Coaching Clients

What's Included:

- ~60 mile training ride (3 hours); 3-laps of each 8-mile course and finishing repeats
- Individualized and structured advice and feedback to help fine tune for the State Road Race
- Hand's on coaching, skills, and advice

Date/Time: October 13, 2019 8:00am (meet at 7:30am)

Where: 6998 US-27, Ocala, FL 34482 (Horse and Hounds Restaurant)

Registration: On-site or pre-register here: [Registration \(10-13-19\)](#)

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