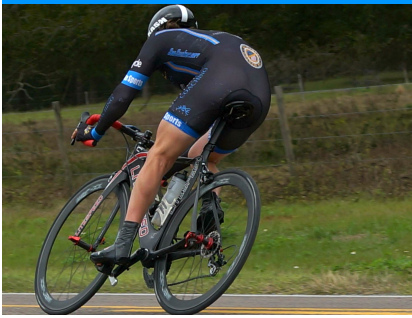


Skills, Cornering, Handling, and Race Prep Clinic Day

Saturday



May 19, 2018



Objective:

- Fine tune your race skills before your next spring race including Nationals
- 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 your next big National Race (bike equipment malfunction, chains dropping, water bottle cages, etc)
- Develop a plan for your next race (as individual or teammate)

Cost: \$25

*Free for Perezluha Coaching Clients

What's Included:

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

Date/Time: May 19, 2018 8:30am

Where: Lake Apopka Loop Trailhead: 2929 S Binion Road, Apopka, FL 32703

Registration: On-site or pre-register here:

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

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