

**March 23-24,
2019**



CENTRAL FLORIDA HILLS CYCLING CAMP



Camp Host: Steven Perezluha



**Registration
Deadline:
March 1st, 2019**



- ~ 2 days, 160 miles, 12,000+ feet of climbing
- ~ Key workouts including sustained climbing techniques, pedaling efficiency, body positioning, cadence, and optimal shifting
- ~ Cornering and Descending Clinic
- ~ Pacing and Time Trial practice in the hills
- ~ Sugarloaf Mountain Road workouts
- ~ Hands on Coaching with power testing, data analyze, and feedback
- ~ Homemade meals, snacks, and SAG Support included during ride
- ~ Cost: \$199

Lodging Options Onsite Available (6 Spots Available):

- ~ Saturday Night Only \$269
- ~ Friday/Saturday Night \$339
- ~ 20% off for Perezluha Coaching Clients
- ~ PayPal Registration
- ~ StevenPerezluha.com/events/

Questions:

- ~ 407-619-5304
- ~ stevenacrossamerica@gmail.com