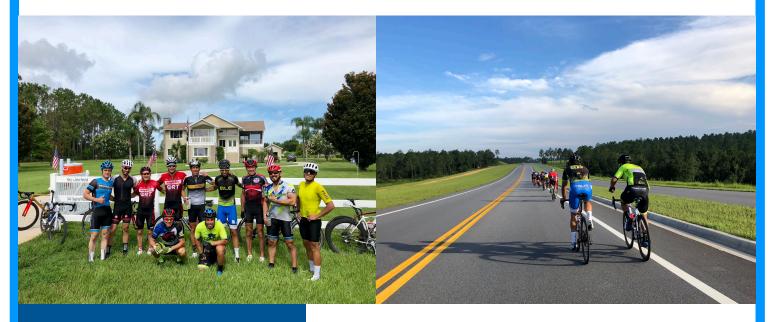
March 23-24, 2019





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