



## REI / SUBARU EROCK CYCLING TRAINING SEMINAR

Join REI, JDS Sport Coaching and the Subaru Elephant Rock for a comprehensive **Cycling Training Seminar**. The program is designed to help get you prepared for the 2010 Subaru Elephant Rock cycling festival and other rides throughout the summer. The evening will feature cycling training and ride preparation information, motivation, and prize drawings. This program is designed for beginner to intermediate riders.

Light snacks will be provided. Voluntary donations of \$5 will be accepted for Bicycle Colorado.

### Cycling Training Seminar Date and Location

March 30, 2010 7:00 to 8:30 p.m. REI - Denver Flagship 1416 Platte Street

### Cycling Training Seminar Program

- Training for Longer Rides - Jonathan Siegle, JDS Sport Coaching
- Nutrition for Cyclists - Colleen Cook - Clif
- Safety for Cyclists - Scott Christopher, Bicycle Colorado
- Prize Drawings

