

ARE YOU READY TO CLIMB?

**JOIN US FOR
A WEEKEND
TRAINING CAMP
TO HELP BUILD
YOUR ABILITY TO GO UPHILL
FASTER AND LONGER!
IDEAL FOR RACERS AND
GRAN FONDO RIDERS!**

**Let Us Show You How
To Train Like A Pro!**

**SCOTT
McAFEE**
2-Time State
Champion

Category 1
Training
Systems

TOPICS COVERED:

- ✓ Endurance
- ✓ Climbing Power
- ✓ Peak Cycles
- ✓ Training with Heart Rate Monitors and Power Meters*
- ✓ Equipment/Bike Fitting*
- ✓ Recovery

*** By Mike McKovich:**
• Category 1 USA Cycling Coach
• Certified Power-Based Training Coach

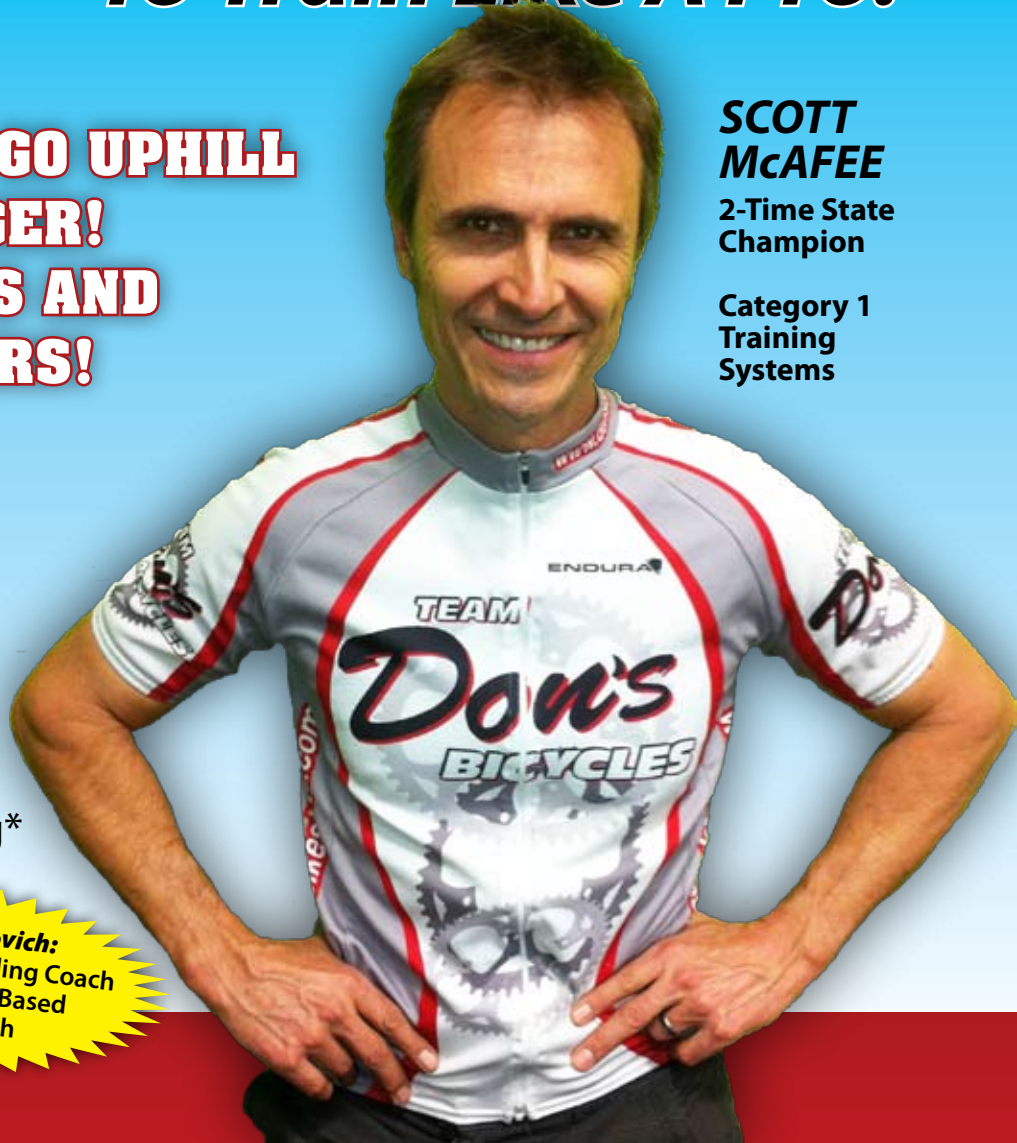
April 16 & 17th

COST IS \$249 PER RIDER

2-day course limited to 20 riders

SIGN UP NOW!

**FOR MORE INFORMATION AND
REGISTRATION, SEE PAGE 2**



2-Time California State Road Race Champion
3-Time Devil's Punchbowl Winner
Mt. Baldy Hillclimb Winner
Breathless Agony Course Record Holder (4 hr., 37 min.)
Top 5, U.S. National Road Race Championships
Silver Medalist, State Criterium Championships
M.S., Clinical Psychology, University of La Verne

"Most riders' dream is to complete a mountain stage of the Tour de France. I chose the 2009 L'Etape du Tour, finishing at the top of Mt. Ventoux. Coach Mike McKovich's training enabled me to go from 'will I finish' to 'knowing I will finish and enjoying the entire day.' Thanks, Coach Mike, for helping me attain this dream."

—David Tartt



2-DAY CAMP DATE

**SATURDAY & SUNDAY,
APRIL 16-17, 2011**

CAMP SCHEDULE

SATURDAY:

8 - 9 a.m. Meet & greet
9 - 10 a.m. Training basics
10- 11 a.m. Climbing techniques
11 - 12 p.m. Lunch
12 - 2 p.m. On-bike climbing drills

SUNDAY:

8 - 9 a.m. Review
9 - 11 a.m. Climbing-focused ride with videotaping
11- 12 p.m. Lunch
12 - 2 p.m. Individual rider review with video assessment and customized training tips

REGISTRATION

You have three options for registration:

- Web: Visit www.ci.claremont.ca.us and look for the event registration link.
- Phone: (909) 399-5490.
- In person: at the Alexander Hughes Center, 1700 Danbury Rd., Claremont, CA 91711.

GOING UP? THIS TRAINING CAMP IS FOR YOU!



8 A.M. - 2 P.M., APRIL 16 & 17
ALEXANDER HUGHES CENTER
1700 DANBURY RD.
CLAREMONT, CA 91711
(909) 399-5490

SPACE LIMITED TO 20 RIDERS —
REGISTER TODAY!

