



## **NEWS RELEASE**

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### ***For Immediate Release***

**March 21, 2011**

**Contact: Jason Lass, Program Coordinator  
(909) 399-5490**

### **Bicycle Boot Camp Weekend Training Workshop**

*Claremont, CA* – Are you ready to climb? Let us show you how to train like a pro with our weekend training camp to help you build your ability to go uphill longer and faster! Two-time State Champion, Scott McAfee, will lead the way in this conditioning workshop. Important topics will include endurance, climbing power, peak cycles, training with heart monitors and power meters, equipment and bike fitting, recovery, and video assessments for customized training tips. This two-day course will meet Saturday, April 16 through Sunday, April 17 from 8:00 a.m. to 2:00 p.m. in the City of Claremont. Registration is \$249.00 per rider and space is limited to 20 participants. For more information, including a full schedule of activities, or to register, please call (909) 399-5490. Online registration is also available at [www.ci.claremont.ca.us](http://www.ci.claremont.ca.us).

Attachment: Bicycle Boot Camp Flyer

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