

Jobing.com Presents the Women's Cycling Clinic

by AZ Women Racing, USA CYCLING PERMIT PENDING

Saturday, January 22, 2011

The clinic is open to Beginner and Intermediate riders. Everyone will benefit from the sessions which have been developed to teach the basics and more advanced information regarding the most important aspects of cycling. Lunch will be provided. If you have special food requirements, please bring whatever you might need.

This clinic provides classroom instruction on key concepts such as nutrition and basic maintenance as well as practical application of important cycling concepts such as stretching and core conditioning to improve your overall cycling fitness. The goal of the clinic is to become more comfortable and self-sufficient on the bike and give women the opportunity to meet and ride with other women in a non-competitive atmosphere.

Agenda:

7:00 a.m. - 8:00 a.m.	Registration	1:00 p.m. - 1:30 p.m.	Bike Fit
8:00 a.m. - 8:45 a.m.	Nutrition	1:30 p.m. - 2:30 p.m.	Maintenance
9:00 a.m. - 12:00 p.m.	Ride	2:30 p.m. - 3:00 p.m.	Training Plan Basics
12:00 p.m. - 12:30 p.m.	Stretch	3:30 p.m. - 4:00 p.m.	Core
12:30 p.m. - 1:00 p.m.	Lunch		

Cost: \$50 (includes one day license/insurance, lunch) + \$5 safety check (optional). All proceeds benefit the Not One More Foundation.

Location:

Tribe Multisport
7620 East Indian School Road
Scottsdale, Arizona 85251-3610
(NE Corner of Indian School & Miller)

RSVP:

Registration can be found at
<http://www.bikereg.com/events/register.asp?eventid=11989>
or at www.bikereg.com - search for "Jobing.com Women's Clinic".

Requirements:

Be able to ride 30 miles in two hours.

Registration deadline is January 17, 2011.
Space is limited to 50 people.



Cycling Clinic
Women's