

# Get On Your MARK

Presents

## Climbing and Descending Clinics

Would you like to climb and descend faster and safer with more confidence? Are you consistently finding yourself in the back of the pack on hill climbs? If so, you'll want to attend this clinic. Learn hill climbing strategies and walk away with renewed confidence to climb with the best.

We'll explore and practice the following skills:

- ✓ smart pedaling, rhythm and cadence
- ✓ correct body positioning on bike
- ✓ shifting, gearing, and timing
- ✓ steering and cornering
- ✓ pacing on short and long climbs
- ✓ climbing effort – using HR monitors and Perceived Exertion
- ✓ ideal body weight to power ratio

There will be time for discussion and questions before and after riding. Lunch is included in this clinic. Sign up early-limited space.

**CLINIC FEE: \$65.00 - Register before April 10, 2010 and Save \$10, only \$55.00!**

### Saturday, April 24th

### 9:00AM-1:00PM

**(4 hours of intense learning and fun - includes lunch!)**

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Mail your training fees to:

**Get On Your MARK**  
**P.O. Box 1613**  
**Murhphys, CA 95247**

**With the following information:**

<b>Name:</b>	<b>Address:</b>
<b>Phone:</b>	<b>City:</b>
<b>Cell:</b>	<b>State:</b>
<b>Lunch Pref:</b> beef, chicken, vegetarian	<b>Zip:</b>
<b>Email Address:</b>	<b>Fee Enclosed:</b>
<b>Type of Bicycle:</b> road, hybrid, mtb	<b>Event:</b> <b>Climbing - Descending Clinic</b> <b>in Jamestown 04-24-10</b>