

SAN DIEGO VELODROME

Women's Beginner Clinic

WHEN

Sunday 22nd September 2013 12:30-3pm

WHAT

Run by women for women, this clinic is led by Coach Pam Jorgensen-Houle. Over the course of an afternoon, you'll get the opportunity to give track cycling a try or to hone your skills from earlier track cycling classes. We'll work on pacelines, pack riding, leg speed, jumps, positioning, race tactics, and more

WHO

This clinic is intended for total beginners and those with limited experience. Those who have taken our clinic, please sign up for the 6 week adult class (crankcycling.com/schedule).

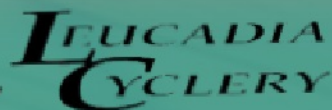
COST

\$23 for the clinic + \$2 registration fee.

Includes: clinic fee, rental track bike and Powerbar nutrition.

CONTACT INFO

Sign-up online at crankcycling.com/schedule to reserve a spot (limited to 20) - online registration only. For more details, contact Elaine Hutchinson at elaine@crankcycling.com



SAN DIEGO
SPORTS MEDICINE
PEAK PERFORMANCE



ADAMS AVENUE BICYCLES

