

INVEST IN YOUR GOALS

WENZEL COACHING

RACING CLINIC

June 8, 2008

Valuable riding and racing skills taught by:

Earl Zimmermann

USA Cycling Level II Coach

Wenzel Coaching

Sunday 9:00 AM – 2:00 PM

Limited spots available. RESERVE YOURS TODAY:

Mail: A check for \$25.00 to:

Wenzel Coaching Race School,
19127 NE 45TH Place, Sammamish, WA 98074

Phone: 425-802-4222 to reserve with a credit card

Day of event: \$25.00 Cash or Check only

Prepare to safely and effectively race Road Races and Criteriums.

Morning session Road Skills: Gain comfort on the bike in a controlled setting – bumping, no-hands, bunny-hop, sumo-cycling, emergency slow or stop, eating, drinking, avoiding crashes, close-quarters riding, holding and protecting position.

Afternoon session - Racing Skills: Close group riding, climbing, descending, cornering at speed, real sprint practice, drafting, shooting gaps, much more.

Lots of Q&A. Lots of personal attention.

Bring bike and helmet for outdoor sessions. Food and beverages will be provided.

Location and Directions: BainBridge Island; Arrive at 9:00 AM to begin at 9:30 AM. Post clinic Q&A

Directions: Will send out an email

More info: Contact earlzimmermann@WenzelCoaching.com or 425-802-4222. To learn more about Earl or Wenzel Coaching, check www.WenzelCoaching.com.