



Kristin Armstrong

CYCLING ACADEMY

Presents HALF-DAY* WOMEN'S CLINICS FOR THE HOMETOWN CROWD

March 17th 6-9pm

*Learn off-the-bike skills – it all begins here.
goal setting, bike maintenance, core strengthening and stretching basics, Q&A*

March 20th 1-5pm

*Confidence is a big part of enjoying the sport of cycling. We will cover basic bike skills on the road.
handling skills, echelon practice, nutrition while riding, shifting, braking*

March 21st 1-5pm

*Continuing to build upon what we have learned – together we will take our skills to the next level.
climbing, descending, cornering*

Who: open to women road riders, all ages, beginner to intermediate

Where: Boise, Idaho

Cost: \$200 (includes all three sessions)

Do you have a dream which involves two-wheels? Learn to set goals and go after it. Have the desire to race? Finish a century ride? You name it, we can do it together. Improve your on- and off-the-bike skills, and become more confident while riding or racing. Our half-day clinics cover a lot of ground in a short time—we'll put you back in the saddle in no time, riding better than you thought you ever could.

**This is a 3-part series. We will build upon what we learn during each session.*

For more information or to register please contact Kristin at:

info@kristinarmstrongacademy.com or 208.440.0176

Registration is limited to 20 riders – sign up now!

www.kristinarmstrongacademy.com