

New for 2009!!

Brett's Ride Training Plan

...to prepare cyclists and non-cyclists of all abilities.

Studio7Multisport program Coach, **Deb Elliott** is offering a fitness, coaching and instruction program to **anyone** who wants to train for, enter, and compete in the **Brett's Ride** on **Sunday, October 4th, 2009.**

Participating in this event is a great way for:

Non-cyclists to:1)-start a personal fitness plan, 2)-lose weight 3)-build strength and stamina, 4)-live healthier, 5)-get in shape, 6)-learn optimal nutrition mechanics

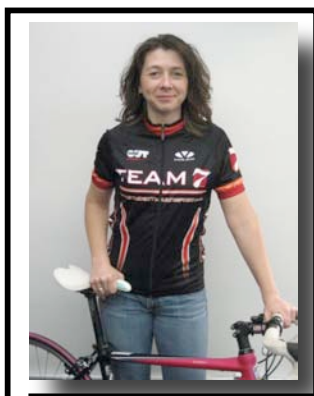
Cyclists to:1)-improve cycling fitness, 2)-increase riding distance 3)-establish a record time, 4)-find teammates to ride with, 5)-prepare for next big event

What's included:

- a training calendar to follow designed for **ANY** current fitness level
- 24/7 online access to a team 'coach'
- free entry into all Brett's Ride training clinics** by team 'coach'
- nutritional help & consulting
- teammates to train with

What to do:

- 1)-Join the TEAM & get the Training Program!! (\$40)
....send an email to: deb@Studio7Multisport.com
- 2)-Begin the Team-Training Calendar on **Monday, June 22nd**
.....or *any date thereafter.*
- 4)-Watch your health improve & your clothes get baggy as YOU get more fit and progressively complete the training!!
- 5)-Attend any clinics and group training sessions that you choose.
- 6)-Be a part of the team and have fun in the process!



Coaching the program will be Deb Elliott, experienced endurance cyclist of Studio7Multisport.com .

Brett's Ride Clinics!!!

Nutrition/Strength Training
Bike Maintenance 101
Bike Skills 101

Group Rides

*Time and location TBD

For details: contact Deb Elliott
at: deb@Studio7Multisport.com