

The Coaches of Hosmer Chiropractic Health Present:

# Time Trial Clinic Series

Time Trials are called the “race of truth” for a reason: racing alone, against the clock, is the ultimate measure of fitness and grit. Threshold power is the cornerstone of any cyclist’s ability, so no matter what type of event you’re training for, improving your time trailing can help.

Join coaches Karey Miles and Josh Liberles for a series of clinics where you will learn to sharpen your Time Trial skills and preparation for your upcoming Time Trials and races this season. You’ll learn the ins and outs of Time Trialing in two class-room-style clinics, and you’ll have the opportunity to dial in your skills out on the road in the third clinic. We encourage all levels to come out and learn from experts in the field. Come join the fun and learn how to squeeze those extra seconds out of the clock in the race against time!

## Clinic 1 - July 11

- Equipment = Time Savings
- Bike Fit and Comfort

## Clinic 2 - July 18

- Training for a Time Trial
- Pacing During a Time Trial (all types of courses)
- Why Train with Power?
- Getting the most out of your Power Meter

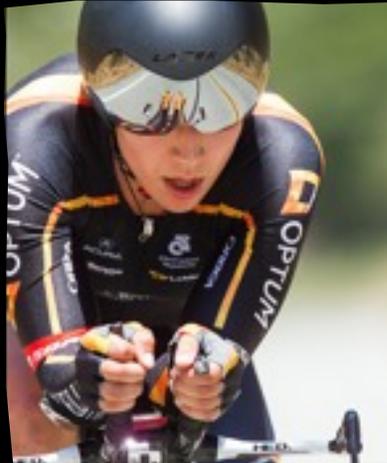
## Clinic 3 - July 25 (On the Bike)

- Race Day Basics: Warm Up, Nutrition, Starting Line
- Putting it all together - Test Your Legs!\*

\*We will be joining the VBC for their Thursday night TT series races. There is a \$15 one time fee, which can be purchase at race registration. Go here for more details: <http://www.vbc-usa.com/time-trials>

## Gear:

Clinics 1 and 2 are off the bike. If you have questions about any of your Time Trial Gear, feel free to bring your rig and ask your questions during our Q&A sessions. Clinic 3 will be on the bike. Helmets required for third session. You can ride any bike of your choosing, although time trial bikes or road bikes with clip-on aero-bars are best suited for this clinic.



**July 11 and 18**

**6:30pm-8:30pm, Hosmer Chiropractic Health**

**July 25**

**6:00-8:00pm, Vancouver Lake Crew Lot**

Watch for Vancouver Lake Crew sign and a VBC Parking Banner on the Fence just prior. Look for the HCH Tent. Please see VBC website for more details: <http://www.vbc-usa.com/time-trials>

**\$35 per clinic or \$95 for the series\***

Plus OBRA Registration Fees.

\*With series entry, you also receive one free entry to a Revenge of the Disc TT Series Race

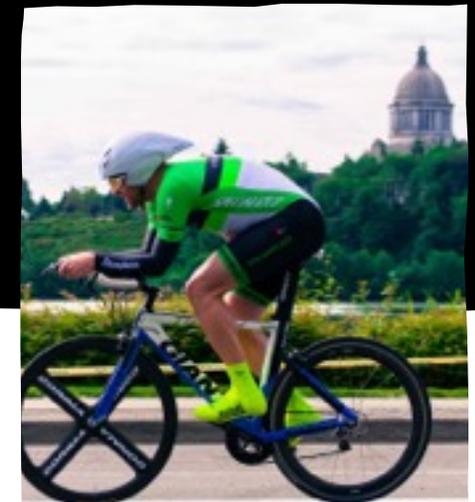
Participant must be an OBRA member. Annual and 1-day memberships are available for purchase at time of registration on [OBRA.org](http://OBRA.org)

## **Questions?**

Karey Miles

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