

# ARE YOU READY TO CLIMB?

**ANNOUNCING OUR FALL CLIMBING BOOT CAMP TO HELP BUILD YOUR ABILITY TO GO UPHILL FASTER AND LONGER! IDEAL FOR RACERS, GRAN FONDO RIDERS AND RIDERS JUST LOOKING TO IMPROVE THEIR CLIMBING SKILLS!**

**Let Us Show You How To Train Like A Pro!**

**SCOTT McAFEE**  
2-Time State Champion

Category 1 Training Systems

## TOPICS COVERED:

- ✓ Climbing/descending techniques
- ✓ Periodization training
- ✓ Training measures (power, heart rate, PER)
- ✓ Recovery
- ✓ Equipment/Bike Fitting\*
- ✓ And much more!

**\* By Mike McKovich:**  
• Category 1 USA Cycling Coach  
• Certified Power-Based Training Coach

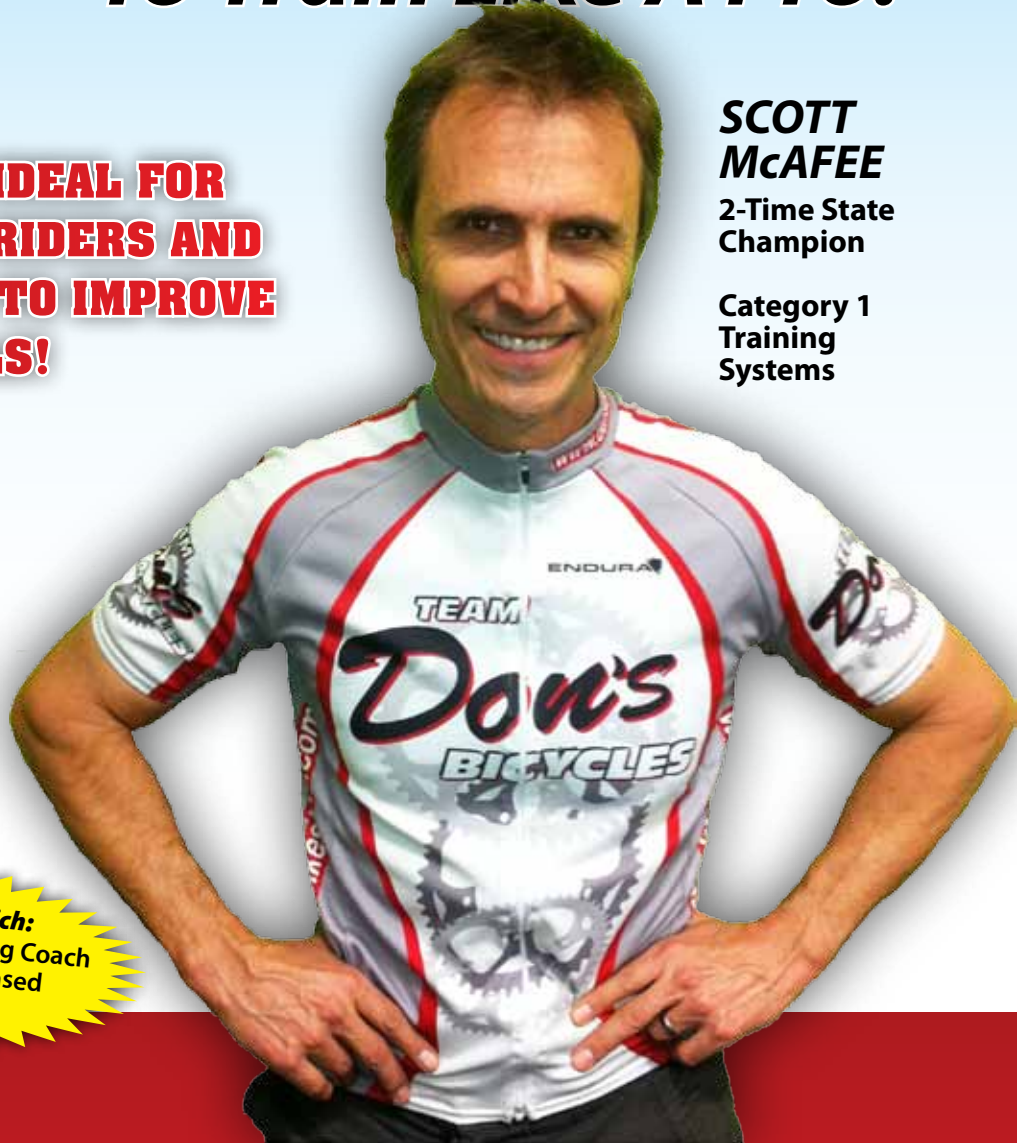
**October 15-16, 2011**

**COST IS \$229 PER RIDER**

**2-day course limited to 20 riders**

**SIGN UP NOW!**

**FOR MORE INFORMATION AND REGISTRATION, SEE PAGE 2** ➔



2-Time California State Road Race Champion  
3-Time Devil's Punchbowl Winner  
Mt. Baldy Hillclimb Winner  
Breathless Agony Course Record Holder (4 hr., 37 min.)  
Top 5, U.S. National Road Race Championships  
Silver Medalist, State Criterium Championships  
M.S., Clinical Psychology, University of La Verne

## HERE'S WHAT RIDERS SAID ABOUT THE SPRING CLIMBING BOOT CAMP:

First I want to thank you guys for an amazing 2 days of riding, learning and fun. You guys turned around many of my poor riding habits and techniques. My expectations were surpassed several times over...Seriously! When I arrived home after the 2nd day, my wife asked me how the camp went. My response was, "Best \$200 I've ever spent."

**Ryan Price**

Yes, you two did a great job on the camp! I learned more in two days than I have since beginning to ride nine months ago. In particular, I liked:

- your organization & attention to detail
- quick response to questions prior the camp
- personal attention & individual tips (video helped)
- bike fitting
- training ideas

**Lisa Tarin**

Both you and Scott gave excellent presentations and your knowledge and experience were evident by the poise and ease with which you took and responded to questions and still stayed on topic. Personally, I can't tell you how powerful that video was showing my heel drop. I'm gonna spin on the trainer tonight followed by one leg repeats...I woke up this morning thinking about how I might be able to video and project onto my TV my pedal stroke so I can see what I'm doing while I'm doing it.

**Greg Armstrong**

## 2-DAY CAMP DATE

*Saturday & Sunday,  
October 15-16, 2011, Upland, CA*

## CAMP SCHEDULE

### SATURDAY:

<b>8 - 9 a.m.</b>	<b>Meet &amp; greet</b>
<b>9 - 10 a.m.</b>	<b>Training basics</b>
<b>10- 11 a.m.</b>	<b>Climbing techniques</b>
<b>11 - 12 p.m.</b>	<b>Lunch</b>
<b>12 - 2 p.m.</b>	<b>On-bike climbing drills</b>

### SUNDAY:

<b>8 - 9 a.m.</b>	<b>Review</b>
<b>9 - 11 a.m.</b>	<b>Climbing-focused ride with videotaping</b>
<b>11- 12 p.m.</b>	<b>Lunch</b>
<b>12 - 2 p.m.</b>	<b>Individual rider review with video assessment and customized training tips</b>

*Includes classroom and ride instruction. Copy of class materials and improvement drills. Light breakfast, lunch, on-road snacks.*

## REGISTRATION

**You have two options for registration:**

- **Web:** Visit [http://maxperformancebikefit.com/services/boot\\_camp.shtml](http://maxperformancebikefit.com/services/boot_camp.shtml)
- **In person or email Mike McKovich:**  
**Email:** [mike\\_badger\\_coach@msn.com](mailto:mike_badger_coach@msn.com)  
**Phone:** (760) 220-7174

## GOING UP? THIS TRAINING CAMP IS FOR YOU!

**8 A.M. - 2 P.M., Oct. 15-16, 2011**  
**Citizens Business Bank**  
**818 North Mountain Avenue**  
**Upland, CA 91786**  
**Second Floor Conference Room**  
(Please use the entrance facing Mountain Avenue)

Cancellation policy: All requests for cancellations must be sent via E Mail to [mike\\_badger\\_coach@msn.com](mailto:mike_badger_coach@msn.com). Refund requests will be acknowledged by return E Mail. Refunds will be made by original method of payment. Anytime before Sept. 26: Full refund. Before Oct. 3: 50% refund. After Oct. 10: No refunds.

Presented by:

