



# Tour de Cure 2008

## Training Weekend

### Friday-Sunday July 18-20

Includes:

- **Friday:** Testing & Bike Fit
  - We will assess accurate training zones
  - We will professionally position you on your own bike
- **Saturday:** Briefing on skills & Training ride
  - Pace line & rolling hills on the route to Carter Lake – part of the Tour de Cure route
- **Sunday:** Briefing on skills & Training ride:
  - Climbing and Descending skills on the climbs of the Tour de Cure route
- **5 weeks Training Plan to get ready *for the ride for the Cure***

• **Cost: \$125 – 20% will go to the Cause**

To register email to:  
[luisa@davanticycling.com](mailto:luisa@davanticycling.com)