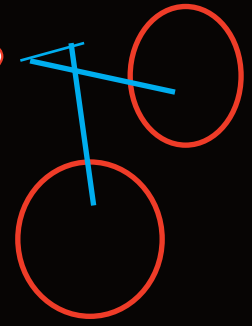


Endurance Factor Clinics



Train to Win



Endurance Factor Clinics:

FSC #2 Fernandina Beach, 9/25, 2-4pm

- Creating a Training Program (free)
- Technique Session (\$8 cost per person)

FSC #3 Gainesville, 10/2, 2-4pm

- Technique Session (free)

limited to 16 riders

FSC #4 Alafia, 10/24, 2-4pm

- Nutrition & Training w/intensity (free)
- Technique Session (\$8 cost per person)

FSC #5 Markham, 11/7, 2-4pm

- Technique Session (free)

limited to 16 riders

Technical Session:

“What the Pros don’t want you to know.”

- Line Choice
- Being Efficient
- Flowing through the Trails
- Review of Technical Sections of the Course

Technical sessions will be split into two groups: Advanced (sport to expert) & Beginner to Intermediate (novice to sport).

Follow Drew at www.drewedsall.com or call (970) 403-2208