

The BIG SPIN



The Big SpinSM - The Original, the Number One, the Best, the Only Spin Class for Multisports Athletes

When the snow starts to fall, don't stop spinning. Instead, move your riding indoors with TRiKC's Big Spin Sessions.

The TRiKC's Big Spin Sessions are the most invigorating and heart pumping spinning sessions anywhere. For 2009, we have a program that is guaranteed to make you stronger this winter. Our Spin Sessions run from January thru March each year.

New this year, TRiKC is proud to offer its Big Spin Sessions on both Tuesday and Thursday. You can register for either day or you can double your pleasure and register for both days at a discounted price. The Tuesday Sessions will be held at Kirmayer Fitness Center. The Thursday Sessions will be held at the Jewish Community Center for Health and Human Performance.

The TRiKC Triathlon Club is pleased to provide the most fun, effective, and inexpensive Tri specific spinning program in the world! The 2009 Big Spin will be directed by USA Cycling and USA Triathlon coach, Nancy Strickland. In addition to being an incredible triathlete, Nancy has a Bachelor of Science in Exercise Science and is a Certified Personal Trainer. Nancy is an USA Cycling Coach and USA Triathlon Coach.

TRiKC's is also offering its revolutionary MaxTraining program which will improve your core, perfect your swim stroke, and improve your running technique.

From January 13 through March 3, all Big Spin participants can participate in our Running Sessions designed to tune your legs for the run after the bike. There is no fee for these additional workouts. From January 13 through February 3, participants can improve their flexibility and strength with our Triathlon Resistance Stretching program similar to the one employed by swimmer Dara Torres' in her quest for Olympic Gold. This cutting edge stretching technique will transform you into a faster and more limber athlete. Each of these four MaxTraining sessions will last approximately 30 minutes and the fee for all four is just \$20.00. From February 10 through March 3, participants can improve their Swimming and receive technique tips from our swim coach (up to 12 participants). Improve your swim mechanics before the start of the season. Each of these four MaxTraining sessions will last approximately 30 minutes and the fee for all four is just \$20.00. This year, take your training to the Max!

You can be part of the TRiKC Big Spin Sessions, if you enroll now. What a great gift this would be for a friend or family member. Grab your bike and get ready to strap on your shoes each Tuesday and Thursdays starting January 6, 2009 for a cycling adventure filled with intervals, hill climbs, and sprints all designed to get you ready to ride to the top.

Sometimes Imitated, Never Duplicated. Don't miss it!

For registration information, visit the TRiKC web page at www.TRiKC.org, or go to active.com at http://www.active.com/event_detail.cfm?event_id=1666799.

Hope to see you in January.

TRiKC Triathlon Club