



Biomechanics of

Cycling



Maintain **POWER** until the end of the ride
Sat, May 18 at 1 pm
after Marin Cyclists Ride

Body hurting while riding?

Need some advice?

Jocelyn Olivier shares 45 years of bodyfixin' wisdom on postural strategies for bicycling, sitting, and working in ways that minimize stress or pain in structure and maximize energy output and performance.

AND

If you're a weekend road warrior, distance rider or just enjoy a leisurely Sunday cruise you'll want to know what 2X Ironman finisher, Siobhan Budge, has to share with you on staying stocked up on nutrition and how best to carry it while riding.

Sat, May 18 at 1 pm
after Marin Cyclists Ride at 9 am
into San Francisco
Register for ride at
Marincyclists.com



Sponsored by Body Kinetics, Marin Cyclists and Healus Neuro Rehab Center
Ride Your Bike on Over to
655 Redwood Hwy (on the bay)
for a chance to have your riding form analyzed!
Learn tips to stay pain free!

Workshop Registration Required
Call 415-388-9945
Email info@healus.com



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