

# *Lapham Peak Fitness*

## **2006 Spring Spin Training**

*time trial-interval-hills-1sd*

*The Birkie is over and spring training for the bike season commences. Grab your bike and trainer for a group workout at Lapham Peak in the heated park garage. \$20 for all 5 sessions or \$5/session. Put some excitement into your preseason with friends, video training and conversation.*

Training starts on **Tuesday, March 14<sup>th</sup> at 6:30 pm** and will meet for the next 4 Tuesdays after that (3/14,3/21,3/28,4/3 & 4/10).

This is one way to get the group ride feel and not get dropped!!

Contact: John --(262) 569-9397--- e-mail: [wrchota@execpc.com](mailto:wrchota@execpc.com)

*Lapham Peak Trail Hotline (262) 646-4421*

*Wheel and Sprocket (262) 646-6300*

Some trainers will be available to try if you do not own a trainer!!

*Lapham Peak Friends Spring Spin Training is a fundraiser for the Lapham Peak Snowmaker Project at Lapham Peak State Park. All proceeds go to the Project.*

