

Cycling Clinic

7 a.m. to 5 p.m.

Saturday, Oct. 13

Great River Center for Rehabilitation
1401 W. Agency Rd., West Burlington



A one-day clinic for both competitive cyclists and those interested in improving basic bike-handling skills – instruction provided by coaches and staff from Great River Medical Center's USA Triathlon (USAT) Certified Training Center

Clinic schedule

7 to 7:30 a.m.

7:30 to 8:45 a.m.

8:50 to 10:05 a.m.

10:10 to 11:20 a.m.

11:25 a.m. to 12:45 p.m.

12:45 to 2 p.m.

2 to 3:30 p.m.

3:30 to 4:45 p.m.

4:45 to 5 p.m.

Check-in

Cycling I: Basic Setup

George Van Hagen, P.T.A., USAT level II coach, John Hunsaker, USAT level II coach, and Michael Hunter, USAT level I coach

Sports Psychology

Gary Szymula, Ph.D., clinical psychologist

Sports Nutrition

Lynda Graham-Murray, RD, LD

Lunch (not provided)

Injury Prevention

Craig Murphy, P.T., ATC, USAT level II coach

Strength and Flexibility Training for Cyclists and Triathletes

Chris Reed, M.S., ATC, CSCS, coordinator, Great River High Performance Program

Cycling II: Cycling Handling Skills

George Van Hagen, P.T.A., John Hunsaker and Michael Hunter

Panel Discussion

Program cost

\$55

Registration

Registration is limited. For more information or to register for the clinic, please call Great River Center for Rehabilitation at (319) 768-4100.

