

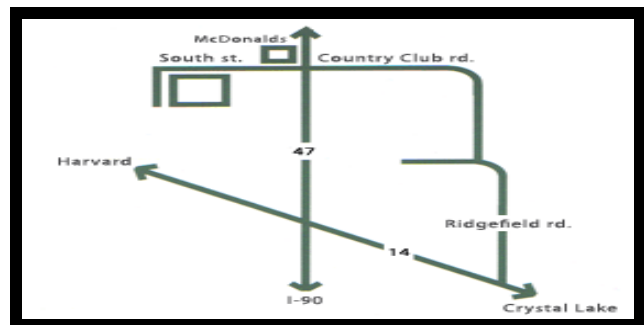
WORRIED ABOUT STAYING IN SHAPE DURING THE OFF SEASON ?
NORTHWEST HEALTHCARE INVITES YOU TO ATTEND

CYCLOCROSS: TRAINING AND TECHNIQUES

PRESENTED BY
JAMES M. KEARNS JR. D.N.
800 e. south st.
Woodstock

Saturdays
9/25, 10/16, 10/30, 11/13
12 noon to 1pm

A cancer donation fee of \$10
Pre-register by:
calling 815-337-7109
or email
drkearns@sbcglobal.net



DO YOU FIND

- More time on the couch as the weather gets cooler?
- Excuses?
- Added weight in the off season?
- Difficulty following a consistent training plan?

Bring your bike and we will go through techniques helping you with the sport. Attendees will be eligible to participate in the Woodstock Cyclocross race on November 21st, 2010.

MTA