

YOU'RE INVITED

.....
TO A SPECIAL NIGHT AT HELEN'S CYCLES
1454 25TH STREET, SANTA MONICA
JANUARY 17TH, 2008 7:30 PM
FREE ADMISSION, PLUS FREE FOOD AND DRINKS
.....

RICK CRAWFORD

PROFESSIONAL CYCLING AND TRIATHLETE COACH SPEAKING ON:



- A WEEK IN THE LIFE OF A PRO ATHLETE
- CNS (CENTRAL NERVOUS SYSTEM)
- ENERGY INVENTORY
- STRESS SCORE
- GO FASTER DOING WHAT YOU LIKE

Rick is a retired professional cyclist and professional triathlete. After competing in Olympic Trials in track racing and posting seven years of successful triathlon results, Rick began focusing on coaching and mentoring other professional athletes in 1986. Rick has been involved with dozens of National Champions, multiple World Champions in various cycling disciplines (road, mountain bike, downhill, triathlons), and several Tour de France participants. Some of Rick's athletes past and present include: Lance Armstrong, Levi Leipheimer, Tom Danielson, Chris Wherry, Nathan O'Neill, Frank Pipp, Anthony Colby, Chann McRae, Todd Wells, Shonny Vanlandingham, Tara Llanes, Henk Vogels, and many more. Through exhaustive experience, and relentless self-study, Rick has developed an extremely comprehensive program that has been instrumental in developing some of the world's best cyclists and triathletes.

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PLUS RAFFLE AND SILENT AUCTION
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For information, call Helen's at:

310.829.1836

or contact: Tom FitzGibbon (tfitzgibbon@roadrunner.com)
Matias Mendigochea (gtvans@yahoo.com)

LaGrange VELO CLUB
EST. 1969

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