

KAHLER CYCLING ACADEMY

Presents the *First Ever*....

Breathless Ergometers

12 Hour Indoor Cycling Team Challenge

Saturday, December 8th, 2012

5:30 AM to 6:30 PM

12 Hours.

3 Riders.

2 Monarks.

*Highest overall
workrate.*

- Teams of 3 Riders each (one woman required) will compete for the highest overall workrate over the 12 hours.
- Two age group classifications to choose from:
 - 1) 50+ average age
 - 2) 60+ average age
- There will be a 12 Team maximum with a 3 Team minimum from either age classification.
- Riders from each Team ride for 1 hour at a time in their pre-determined order – taking 4 turns.
- Two Monark ergometers must be pre-reserved for use by the 3 competitors from each Team.
- Riders will have 5 minutes to ready the next following the finish of the previous teammate.
- Each rider's load is pre-selected before the ride starts. Workrates will be calculated then averaged.
- Prizes and awards will be presented at the finish to the Teams with the highest average overall workrates.
 - *Sign up early and save! \$210 per Team before November 26, \$270 thereafter – no exceptions!*



How Do I Sign Up?

Contact Robert at Kahler Cycling Academy via phone or email.

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