

**Gear Up Team Training Sessions**  
**Available to all 2015 TDF Registered Team Members**  
**SPACE IS LIMITED -- SIGN UP NOW**

Organization	Bio	Class Description	Dates, Time, Location	Max # allowed	Sign up procedure to secure your spot
<b>Cycling Skills</b>  <b>ANTIETAM VELO CLUB</b>	<p>The Antietam Velo Club is a racing team that competes throughout the east coast in road, track, cyclocross and mountain bike competitions.</p> <p>www.avcracing.com</p>	<p>Several AVC team members will work with participants on bike handling skills and how to ride safely in a pack. They will also cover road and group ride etiquette. With years of racing experience, they will be able to help answer your questions and demonstrate specific techniques you might be interested in learning. They will end the clinic with a short group ride for those participants who are interested.</p>	<p>July 15 at 6:00 PM</p> <p>Utica District Park 10200 Old Frederick Rd Frederick, MD</p> <p>Meet by the pavilion in the back parking lot</p>	Unlimited	<p>John Olinski</p> <p>jolinski@comcast.net</p>
<b>Flat Tire Repair Clinic</b>  <b>BICYCLE ESCAPE</b>	<p>The Bicycle Escape is fueled by their passion for cycling and a deep desire to help their community.</p>	<p>Here you'll learn everything you need to know to fix a flat: how to remove a wheel, take off a tire, replace a tube, and inflate the tire to the proper specification.</p>	<p>June 18 at 6:30 PM June 25, if there is a waitlist</p> <p>7820 Wormans Mill Road Unit E, Frederick, MD</p>	12	<p><a href="mailto:info@thebicyclescape.com">info@thebicyclescape.com</a> 301.663.0007</p>
<b>Cycling Conditioning</b> – Regina Clark	<p>A long distance runner and cyclist, Regina has her group training certification (NSPA) and has been a trainer for over 20 years.</p>	<p>General conditioning for cycling with a focus on legs and back.</p>	<p>June 16 and 18 July 21 and 23</p> <p>All classes are from 6:00 AM to 7:00 AM</p> <p>Player's Fitness and Performance Gym 4509 Metropolitan Ct Unit E, Frederick, MD</p>	10	<p>Regina Clark rbiker001@comcast.net</p>

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<b>Fitness</b> -Andrew Simpson  <b>PLAYER'S FITNESS AND PERFORMANCE</b>	Player's Fitness and Performance, Frederick's 1 <sup>st</sup> World-Class Fitness Experience, is offering the Tour De Frederick participants an exclusive opportunity to take their performance to the next level, whatever that next level may be for you. As part of this group, you are one of the few to receive a chance to experience the PFP difference at a cost that no other person has seen. FREE. That's right, we want to give you the opportunity to see what world-class coaching and fitness training looks like, without having to pay. And what better time to do it than before a huge bike ride!	Two weeks of team performance training sessions (\$140 value)  Sport specific nutritional guidance- pre-race, during race, post-race (\$39 value)  PFP Gear (\$29 value)  Ongoing motivation, accountability, and support (\$Priceless\$)	Call or e-mail Andrew Simpson to schedule your session  Player's Fitness and Performance Gym 4509 Metropolitan Court, Unit E, Frederick, MD	unlimited	Andrew Simpson 240-341-2921 <a href="mailto:info@playersfitnessandperformance.com">info@playersfitnessandperformance.com</a>
<b>Sports Massage</b> – Tammie Carter	A Licensed Massage Therapist for more than 3 years, Tammie is a graduate of the Baltimore School of Massage and holds both National and Maryland State Certification and Licensing. She specializes in sports, deep tissue and Swedish massage.	Whether you just want to experience relaxation, stress reduction or pain relief from sore and aching muscles, Licensed Massage Therapist, Tammie Carter can help to restore and maintain a healthy balance and well-being.	A \$75 Value... offering a 60-minute sports, deep tissue or Swedish massage in the privacy of your home or her office at a discounted price of \$50. Offer good July, August & September 2015. **A maximum 10 mile travel time from Frederick, MD. Offer available to team participants only.	First 40 customers	Call Tammie at 240-397-1893

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<b>Nutrition Training</b> – Herb Spicer	Herb has lived in the Frederick area since 1987, and has been a personal trainer since 1999. He turns 60 this June and continues to study and learn about nutrition and its relationship to sports performance and overall health. He competed in over 30 Half Ironman competitions and has qualified and participated in the Hawaii Ironman World Championships nine times. Since 1985 he has logged well over 240,000 miles on his bike.	The class will share information on how best to fuel your body in the weeks leading up to the Tour de Frederick. It will also cover how to fuel and recover during and after the event. There will be a question and answer period available for you to raise personal questions and concerns regarding your nutrition and hydration training.	July 8, 6:30 - 8:30 PM  July 11, 1:00 - 3:00 PM  1780 North Market St. Unit "F"(back of the building) Frederick, MD	10-40	Call or text Herb Spicer at 717-387-1723  www.herbspicer.com spicerfitness@gmail.com
<b>Professional Stretching</b> -Jay Simon	Coach Jay knows what it takes to become a top-level competitor with peak performance fitness. He has been lauded for his unique combination of expertise in Fascial Stretch Therapy and strength and conditioning. Coach Jay provides beneficial stretch therapy for a host of high school and collegiate student-athletes in close partnership with their coaches.	15 minute Demo fascial stretch session	Call or e-mail Jay Simon to schedule your session  Can be coordinated with personal training session with Andrew Simpson  Player's Fitness and Performance Gym 4509 Metropolitan Court, Unit E, Frederick, MD	50	Jay Simon 240-341-2921 <a href="mailto:info@playersfitnessandperformance.com">info@playersfitnessandperformance.com</a>

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<b>Bike Training</b> - Kip Jawish  <b>IN-FIT STUDIO</b>	Kip is an 11 hour finisher in his first Ironman at the 2000 Florida Ironman (two-time finisher, 2000 and 2009). He is a two-time finisher of the 4.4 mile Chesapeake Bay Bridge Swim and a National Champion Master's Clydesdale Triathlete. In 2009 he won the Virginia Triathlon Series award for Master's Clydesdales. All of this experience gives Kip a unique perspective and diversity in training his clients.	This will be a class on biking specific workouts and flexibility training. Biking needs specific strength training designed to help the rider power over Frederick's many hills, as well as specific flexibility to prevent injuries and over-training.	June 20 and 27 July 11 and 18  All classes at 1:00 PM  IN-FIT STUDIO 605 North Bentz Street Suites 104-105 Frederick, MD	20	Kip Jawish, BS, NASM CPT 2014 "Best of Frederick" Trainer of the year!  Cell 301.676.5936 Studio 301.694.0275  <a href="http://www.infitstudio.com">www.infitstudio.com</a>
<b>Cycling Training</b> -Melissa Bennett  <b>SPORT &amp; HEALTH</b>	Melissa has been the Group Exercise Director for Sport & Health for 4 years and prior to that, Fitness Manager for Gold's Gym for 2 years. She is certified in 7 Les Mills programs, Keiser Cycle, and a certified personal trainer with the National Academy of Sports Medicine.	60 - 90 minute interval ride that will allow novice and intermediate to experience an endurance ride to prepare for the Tour de Frederick	Sundays at 7:30 AM North and South locations  May 31 June 7, June 14, June 21, July 5, July 12, July 19, July 26, Aug 2, Aug 9  <u>North location:</u> 2500 Osprey Road Frederick, MD  <u>South location:</u> 5728 Buckeystown Pike Frederick, MD	30 people capacity at the North location  16 people capacity at the South location	Melissa Bennett <a href="mailto:mbennett@sportandhealth.com">mbennett@sportandhealth.com</a> 301-698-4653  All participants must meet with a Membership Consultant at Sport & Health prior to Sunday's classes. Nonmembers of Sport & Health will receive a pass card that they MUST carry with them in order to gain entrance to the special class. A special sign up list will be put out the day of class. All participants MUST sign up at the front desk.