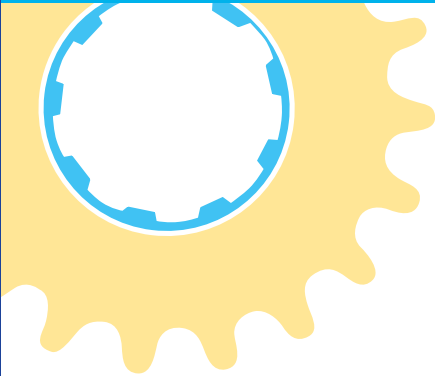


TREADS.COM/DFT
presents
**Thursday Night
Cycling College**



**6:30-7:30pm on
Thursday nights**



November 5

Beginner Bike Maintenance Tips

by Megan Hottman - Elite Road and Track rider
and owner and director of TREADS.COM/DFT Team



December 3

Balance in Life

by Cory Andersen - Student, professional and multisport racer

January 7

Training For Your First Ironman (While Having A Life)

by Alicia Brillon - Four time Ironman finisher
and Competitive Age Group Triathlete

February 4

Getting the Most Out of Your Training Using Polar Technology

by Brant Alley - Polar Electro Rocky Mountain Sales Representative

March 4

Fueling for Training, Racing and Recovering

by Linsey Sandoval - Elite Road racer and collegiate triathlete



**10% In-Store Discount
for attendees on Cycling
College nights!**



Treads Lakewood
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RSVP in person or by phone to Treads.