



## 2009 Silverman Training Package with On Your Mark Coaching + Training

Begins: June 22  
Saturday's at 9am  
5 months (20 weeks) commitment

Package includes:

- ½ or full distance race entry (special discount)
- Flight arrangements (special discount)
- Lodging arrangements (special discount)
- Transportation to/from airport, to gear drop off, race meeting and race.  
You will not need to rent a car
- Drive/View race course with coach
- Coaches will be at race
- 20 training weeks of weekly sessions and personalized programs
- Option to have private bike mechanic before/after race for  
bike maintenance and packing
- Limit 4 participants/group

Call 312.550.3393 to reserve  
. [email](#) us for more information/questions regarding weekly agenda, sign up requirements, ect

Travel package for full distance: Before May 1= \$2350 -After May 1 = \$2500  
Travel package for ½ distance: Before May 1= \$2150- After May 1= \$2300  
20 week training sessions/program ONLY \$1300 (other arrangements made on your own)

\$1000 payment of package due at time of reservation  
NO Refunds -- Sign ups begin Feb 28<sup>th</sup>

Schedule for travel package:

Thursday, Nov 5

Travel to Nevada, pick up from airport  
Get bike put together  
Check in at Expo

Friday, Nov 6

Practice ride and swim in lake  
Drive bike course/run course

Saturday, Nov 7

Breakfast  
Short bike practice from transition  
Drop off gear/bike  
Lunch at Lucille's  
Race meeting

Sunday, Nov 8

Ride to race start  
Ride to hotel after race

Monday, Nov 9

Ride to Awards Ceremony.  
Ride to airport to travel home