

# Upcoming Lectures/Events 2012

## VALENTINE'S DAY DRESS UP

It's that time of the year to pull out your most interesting Valentine's day costumes! If you're taking the cycle classes, you **MUST** dress up to participate. Most interesting, eye catching, and creative costume gets a picture on our mirror of fame! Prizes and 80's music in store, what more could you want?

February 11th, 8am- 12pm

## EFFICIENT RUN CLASS

It's time to talk running mechanics! Come analyze proper gait structure while running and learn what may be preventing you from your optimal running performance. Group video and biomechanics discussion.

February 27th, 8-9 pm

## SELF DEFENSE

Given by one of OYM's members, Paul Coyle, a two hour class and practical on how to defend yourself. Put all of that functional strength to the test!

March 10th, 12:30-2:30pm

## BIKE FIT/TIRE REPAIR

Spring is right around the corner. Be prepared for the open roads with bike fitting and tire repair class. Bring in your wheel and tire kit.

March 24th, 12:30-1:30 pm

## NUTRITION FOR OPTIMAL PERFORMANCE

Since nutrition is so important in training and performance, it's definitely important for you to come learn about what dietary changes are best for you. Between go's, bars, and your everyday meals- there's so many opportunities for diet to affect your training. Don't let that happen!

APRIL 18th, 8-9pm

## GEAR SWAP & SELL

Since the first Gear Swap was such a hit, we figured why not do it again!? Bring your old/new equipment that you want to sell or give away. You choose the price and make the deals. Any gear is welcome!

APRIL 28th, 8am-12pm

## TRANSITIONS IN TRIATHLONS

Swim-Bike-Run. Figure out how to efficiently transition between the three, quickly! Bring your bike to West Loop.

May 12th, 12:30-1:30pm

## GROUP SWIM

Look out Lake Michigan! OYM has some fun/intense swim drills in store for our member!

June 30th, 12:30-1:30pm