



Velo-Strength takes advantage of under-rated and under-valued aspects of cycling – strength & power training. Our USA Cycling certified coach understands the demands of cycling and implements functional strength and flexibility exercises to meet those demands. **Velo-Strength** is a one-of-a-kind off-season training program in San Diego – combine this class with **Pedal Power™** to make the most of your upcoming race season!

Velo-Strength is Designed to Improve:

- Endurance
- Flexibility
- Bike Splits
- Muscular Power & Strength
- Muscular Balance
- Mental Toughness

More than just training! Beyond getting your body physically prepared, our goal is to create an environment to foster new friendships, provide tools for continued success in and beyond the cycling community, and (most importantly) **have fun!**

NEW!! Optional Sports Nutrition Program – Properly Fuel for EVERY Workout!

- Save up to 30% on our nutrition supplements
- For \$19 (9-week program) you receive your choice of one of the following each workout:
 - FRS Healthy Energy Drink (11.5 oz can)
 - Infnit Nutrition – “Run” Sports Drink (single-serving packet)
 - Infnit Nutrition – “Repair” Recovery Drink (single-serving packet)
 - Fluid Recovery Drink (single-serving packet)
 - Bonk Breaker Energy Bar

2009-2010 Dates/Time (Join at any time)

- Tuesdays 7⁰⁰—8⁰⁰ pm
- November 10th, 2009 – January 5th, 2010

Location:

RU Sports Performance Center – Kearny Mesa
3959 Ruffin Rd, Ste F
San Diego, CA 92123

Brian Wilson

Brian Wilson, MPT, FAFS
Director of Endurance Coaching
RU Sports Performance Center
bwilson@rehabunited.com



Registration/Release Form

This Section must be completed by parent/guardian if athlete is under 18:

I hereby authorize Rehab United Physical Therapy (RU) and The Sports Performance Combine (SPC) to act accordingly in their best judgment in any emergency requiring medical attention and I hereby waive and release RU-SPC or its affiliated partners from any and all liability for any injuries and/or illness suffered while at *Velo-Strength* provided by RU-SPC

_____ Initial here to confirm that you have read and understand the above release instructions.

_____ X _____ Date: _____
 (Print Name) (Signature)

_____ X _____ Date: _____
 (Print Parent Name – if under 18) (Parent Signature)

Last Name _____ First _____ DOB: _____

Address _____ T-Shirt Size: _____

City _____ State _____ Zip _____ Phone _____

E-mail _____ Reprint E-mail _____

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- 1. _____ Complete Program (9 Weeks):* \$139
- 2. _____ Sport Nutrition Package: \$19
- 4. _____ 5-Session Package (exp 1/5/10): \$95
- 5. _____ Pay per Session: \$20

- DISCOUNTS****
- _____ TCSD, Military, Students: 10%
 - _____ RU Team E.X.C.E.L., MCS (Team 2): 15%
 - _____ Cyclo-Vets, Swamis, SDBC: 15%
 - _____ MCS (Team 1): 25%

**With valid ID
 **N/A Pay per session, Nutrition

***Includes Rehab United "Tech" T-Shirt OR Cycling Socks**

Payment: Check, Credit Card, or Pay Pal (no refunds)

PayPal – Send payment to: jrobinson@rehabunited.com (Please list participant's name in "Message" box)

Total Due \$ _____ Name as it appears on card: _____ Type: Visa, MC, Discover

Card Number: _____ Exp. Date _____ Security # (on back of card) _____

Billing Address (if different from above): _____

**Make check payable to: "Rehab United" - Mail payment and registration form to (or Fax Credit Card Registrations):
 Rehab United, 3959 Ruffin Rd. Ste F., San Diego, CA 92123, P: 858-279-5570 F: 858-279-5303
 www.RehabUnited.com**