

Plan2Peak and EnduroCoach's Aerodynamic Optimization Camp

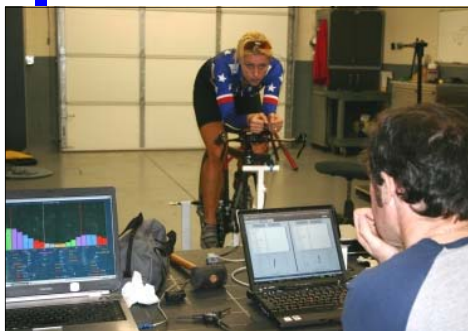
Get faster this October at P2P and EnduroCoach's Aerodynamic Optimization Camp. Wind is the enemy and this camp is designed to help each rider find their optimal aerodynamic and ergonomic position as well as learn about pacing strategies, warm up techniques and more.

The dates are **October 14, 15 and 16**. The location is the **A2 wind tunnel in Mooresville, NC**. Cost is **\$1499** and includes the entire process from 3D motion Capture fitting, 90 minute wind tunnel session and information on turn techniques, equipment choices, warm up techniques and more.

The process begins with baseline testing and measuring. This will tell us where we began and be able to help better quantify the gains that have been made. We then move onto a physical exam to test range of motion and questions regarding possible restrictions or issue that have effect performance in the past. You are then optimized ergonomically by master fitter Greg Choat (EnduroCoach) using the 3D motion capture system Retul. Once this process is complete Greg is able to help Peter Cummings (Plan2Peak) by giving him clues

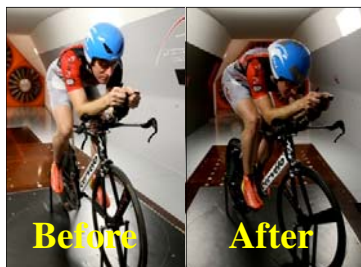
to possible restrictions to range of motion that could compromise performance. In the tunnel, we explore alterations to positions that will decrease your aerodynamic drag. When finished athletes can expect to be more comfortable, feel more powerful and have lower coefficient drag. This combination equals more speed.

Results from our 2008 camp(s) are conclusive. EVERY rider that attended broke Personal Records, and some riders broke PR's in EVERY distance they completed in, on every course they rode. What do the athlete's Say?



- Laura Igoe— Set Course record at Grovesport, Ohio 35 km, won 3rd Masters National TT Championship
- Tony Falin— Set PR's at every distance on a number of different courses
"I set PR's on every course that I raced this year. I took nearly 8 minutes off of one 40k course and over four minutes off of another. I would absolutely recommend this camp to anyone wanting to get faster for time trials or triathlons, unless they race against me ..." - Tony F.
- Jon Bottoms— Set PR's at all Tri Distances
- Otto Sanchez— Broke the hour (Sub -58 minutes) setting new PR for 40km
"Absolutely worth it. Was able to knock off 3:49 of my previous best in a 40k TT. The professionalism and attention to the smallest details I received from everyone. I now know the kind of attention pro's get." - Otto S.
- Dave Thorton—Broke 20km TT PR (28+mph), Set Cat 4 men's course record in Grovesport, Ohio 35km TT
- Jillian Behm— Broke 20km TT PR
- Mark Cowin—Broke PR's for every TT distance at EVERY course he did this season. He has been doing these courses over the last 5+ years. Mark also broke the hour barrier for the first time ever in the 40km distance.
"Improvements? PB at every course by over a minute on each and 3+minutes @ 40K...NUFF SAID" - Mark C.

If you take time trials/triathlons seriously and are looking to invest your time and money the best way possible this Aerodynamic Camp is the answer. **Contact Peter Cummings at Peter@Plan2Peak.com** with questions. Deposits of \$500 will hold your slot. Only 6 riders will be optimized in this camp. Slots are limited. Balance of fee will be due September 30th. Check **Plan2Peak.com** for more information.



The above changes represent a 30 watts savings at 27mph (Mark C's race speed). How much speed and time are you losing?