



Proudly presents

Bike Fit workshop

“How to optimise your position on your road bike and considerations for a triathlon bike”.

Thursday 4th November 2010

At Warrington Sports Club,
Higher Walton

7:30 (Start)

- **The session looks at your three contact points on the bike**
- **How to set up a road bike to ensure that you are safe, comfortable and efficient.**
- **The session will then cover how to adopt your road position to a triathlon bike.**

Warrington Triathlon Club Members £3.00 Non-members £5.00

Name:

Address:

Contact number:

Triathlon Club:

Please make cheques payable to Warrington Tri Club and please send to:
WTC Membership, 31 Malmesbury Park, Sandymoor, Runcorn, WA7 1XD