



**Extreme Ski and Bike**  
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## **Extreme Ski and Bike 2009 Racing Clinic Sponsored by Saris Cycling Group**

**Extreme Ski and Bike** is excited to host a two-day racing clinic for Milwaukee-area cyclists on Friday, May 15, 2009 and Saturday, May 16, 2009. The purpose of the camp is to have fun, promote cycling and road racing specifically. The camp will be an opportunity to meet other riders, build cohesiveness across teams and help promote safe racing through education. The camp will offer something for racers of all categories and will focus on further developing racing skills, confidence, race strategy and how to win a race through team work.

The camp will be lead by Tom Schuler, the current team manager for Team Type I - an increasingly successful UCI Continental Team that competes internationally. Tom has been a team director or manager of several professional teams for the past 20 years, including Team Saturn (1991 and 2003). Tom also represented the United States at the 1976 and 1980 Summer Olympics and was one of the original seven members of the 7-Eleven Cycling Team. He won the USPRO National Road Race in 1987 and the US Pro Criterium in 1981.

Saris Cycling Group has embraced the idea behind the camp and will be the title sponsor for the clinic. They have been very generous in donating a PowerTap to the lucky clinic attendee that writes the best short essay on **“Why I want to train with power!”** The winning essay will be selected approximately one month prior to the camp. Saris will have the wheel built and ready for you to ride at the camp.



**Tom Schuler, Team Type 1**

The camp has also been generously co-sponsored by a number of other supportive companies, including Planet Bike, Hammer Gel, Tifosi, Sock Guy, Midwest Cycling Series and Bontrager. There will be plenty of door prizes and product samples for riders.



The cost for the camp is **\$65.00**, which includes two days of on the bike instruction, extensive practice drills, SAG support, and talks on cycling specific topics. Cost also includes lunch and dinner on Friday and lunch on Saturday.

Optional housing for the clinic can be purchased separately at a discounted rate at the Country Inn and Suites in Germantown, Wisconsin.



Racing on May 17, 2009? A 'B Option' has been designed for Saturday afternoon with a shorter "tune up" ride with Coach Joe Cieszynski of Wenzel Coaching. Coach Joe will also speak on nutrition and recovery. A post ride massage will be provided by a local massage school.

To register for the camp, go to [www.extremeskiandbike.com](http://www.extremeskiandbike.com) to print out registration forms. Mail or drop off all forms to Extreme Ski and Bike, 235 N. Main Street, Thiensville, WI 53092 by Friday, April 10, 2009.

Be sure to include payment (cash or check), Clinic Registration Form, USA Cycling Waiver **AND** your short Essay on **"Why I want to train with Power!"**

Register Early!!!! Space limited to 32-34 riders!!!