



As a cyclist or triathlete, there's no escaping this simple fact. You can fight every hill and do constant battle with relentless headwinds. Or, you can learn the secrets of Zendurance—where life, spirituality, and physics meet the road.

A single Zendurance seminar opens your body, heart and your mind to a powerful new way to train and race on the bike—road cyclists and triathletes alike. Centering on the dynamic and harmonious relationship between rider and bike, Zendurance helps athletes at all levels discover new sources of speed and endurance.

Get more out of life and cycling. Connect to the effortless power inside you.

*(Visit [www.zendurance.net](http://www.zendurance.net) for a clinic description)*

Two-Day Cycling Technique Clinic  
Saturday, October 25, 11-5 @ Fauntleroy YMCA (9140 Calif. SW) and  
Sunday, October 26, 10-4 @ West Seattle YMCA (4515 36th SW)

\$300 (includes take-home manual).

You will need to bring your own bike and a stationary trainer.

Enrollment is limited. To register, contact Carol Coram, 206.252.9255 or  
[trackdiva@comcast.net](mailto:trackdiva@comcast.net)

Presented by Shane Eversfield, Founder & Head Coach



**Z**ENDURANCE<sup>®</sup>  
CYCLING

*Effortless Power*

[www.zendurance.net](http://www.zendurance.net)