

Team LIFEcycle 2012

Description

Team LIFEcycle (TLC) is designed to give recreational athletes who want to train together in a fun and supportive environment the opportunity to do so, while representing an organization that promotes healthy, active living as a means of supporting local cancer treatment. Members are expected to participate in two or more races/events during the course of the season, and are encouraged to raise funds in support of their participation with the team.

LIFEcycle has partnered with **The Forge: Personal Training Studio** to enhance its benefits to members. This year, athletes' team dues include a minimum of two team training/workout sessions per month, during the winter. Then, beginning in April, everybody will have three-five monthly sessions, depending on their sport.

All TLC athletes will be entered into an event (listed below) with the team. The purpose of this is to represent LIFEcycle at these events with a strong showing by the team.

Schedule

February - September

Team Conditioning: 2nd Thursday @ The Forge, Pawtucket

Open Gym: 4th Thursday @ The Forge, Pawtucket

Intermittent indoor rides at varying locations, based on sponsor availability

April - September

Winter schedule, plus:

Group Run: 2nd Weekend @ Blackstone Blvd, Providence

Group Ride: 3rd Weekend @ Variable, throughout RI

These activities will vary between Saturday and Sunday

Membership Dues

TLC Runners: \$130

Includes:

- Tech Tee or Singlet
- Entry to early season 5K (TBD) and JCCRI 5K (second Sunday in Sept)
- All conditioning, open gym and group run sessions

TLC Cyclists: \$180

Includes:

- Cycling jersey
- Entry to RRR (August 12)
- All conditioning, open gym and group ride sessions

TLC Multisport/Triathletes: \$215

Includes:

- Tri jersey or choice of other jersey
- Entry to OCY Sprint Tri (late September)
- All conditioning, open gym and group run & ride sessions; plus special triathlon clinics

Enhancements

Take your training and fitness to the next level with a race/event training plan, endurance coaching or a strength training program. Both are offered with special pricing for TLC members.

Strength Training: \$54 per session, 10 session minimum

Endurance Coaching/Event Training Plans: Range from \$20-50 per month, minimum three months

For more information

Visit www.lifecycleinc.org or contact Jacob Brier, TLC Head Coach, at jacob@lifecycleinc.org

*With questions regarding strength training or The Forge, contact Leo Desforges, Owner, at ldesforges@hotmail.com

Registration will be open from mid-December through February

If this will be your first year on Team LIFEcycle contact Jacob Brier before registering, if you have been on the team before, register at: www.firstgiving.com/lifecycle/tlc2012