

REGISTRATION

To register, please call OBRFC:
630-654-2442

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

OBRFC Member Non-Member

Session Chosen _____

Total _____ Date Paid _____

Ticket # _____ Staff Initials _____

Diane, Peg, and Sue Prepare for a summer of touring during the winter at PWP



INDOOR TRAINING —NO EXCUSES

- State of the art facility
- Climate controlled private room
- Use of Club towels and locker rooms
- Watch a wide variety of racing videos on big screen
- Option to extend Sunday workouts



"When it's cold and snowy outside it's always a bit easier to suffer with the indoor group ride. There's nothing like a bunch of other people in the room to keep you honest with the efforts...there's no cutting corners when people can see. Plus with the race videos, up tempo music and Kristen there to tell you to go a little harder- it's a way better workout than I'd get by myself."
—Chad Hartley, Professional Cyclist

Oak Brook Racquet & Fitness Club
is conveniently located one mile West of Route 83,
off Ogden Ave in Westmont.



PEDALING WITH A PURPOSE

**2011/2012
DEC. 4 — MAR. 25**

Sundays.....[8:00—10:30am]
Thursdays.....[7:30—9:00pm]



"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."
—Nelson Mandela



**OAK BROOK
RACQUET & FITNESS**

650 Westmont Drive, Westmont, IL 60559
630-654-2442 / www.OBRFC.com

PEDALING WITH A PURPOSE

is a program designed to help all levels of cyclists achieve their goals for the 2012 season. Bike Racers, Triathletes, and all levels of cycling enthusiasts will benefit from this program. The month of December will be a base period with higher intensity workouts starting in January and ending March 25th. The workouts build each week with built in recovery weeks. Best results are achieved by attending every workout. Come spring, you will be ready for all of your outdoor cycling activities without burnout.

Power meters or heart rate monitors and cadence computers are not mandatory but highly recommended.

"Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who are alive." —Harold Whitman

PROGRAM COST

OBRFC MEMBER RATES

31 Sessions—\$229.00

17 sessions—\$149.00

Walk – In Rate—\$18.00/session

NON MEMBER RATES

31 Sessions—\$319.00

17 sessions—\$199.00

Walk – In Rate—\$23.00/session

Required Equipment: *Your own road bike and trainer**

*OBRFC will provide 15 trainers on priority basis to purchasers of 31 session packs. First come, first serve.

"There are two ways to get better at bicycle racing over a Chicago winter: The fun way and the not at all fun way. This is the fun way. Thanks Kristen!" —Jeff Perkins, Chicago Cuttin' Crew, Cat 4 IL State RR Champion

MEET YOUR FACILITATOR



Kristen Meshberg, a former Chicago Bike Messenger, got her start competing in Olympic Distance Triathlons in 1997. She raced as a USA Cycling Category 2 for the Trek-Volkswagen Midwest Elite team competing in National Race Calendar Races. After taking a break from competition to have two children, she worked her way back to elite level racing. In 2009 she was a Category 1 racer and manager for the domestic professional women's team, **Team BH USA**. Currently Kristen continues to compete nationally and rides for Athletes by Design. She has recently teamed up as a tandem pilot for a visually impaired rider on the velodrome and helped her teammate win two silver medals at the Paralympic Track Nationals in Los Angeles in 2011. Kristen holds a USA Cycling Level 3 Coach, is a certified ACE Personal Trainer and coordinates the winter training program to help keep cyclists in shape through the winter months. She is passionate about getting people involved in the sport and making it accessible to everyone, especially women.

Kristen on the podium with 2009 National Road Champion, Meredith Miller at the Quad Cities Criterium



For questions,
e-mail Kristen at: kmeshberg@comcast.net
<http://www.pwppedalingwithapurpose.blogspot.com/>

WAIVER OF LIABILITY

I hereby release OBRFC together with its operators, agents, employees, consultants, assistants, advisors and independent contractors from any and all claims from personal injury or damage that may be sustained by me from use of the premises or equipment or from participating in the physical exercise of body conditioning for which I have subscribed. I hereby represent that I am in good health and capable of participating in such a program. I will not do anything which will injure myself or others while engaging in such programs and will hold Oak Brook Racquet & Fitness Club harmless in connection with my participation. OBRFC can not be held responsible for any damage or loss of personal property.

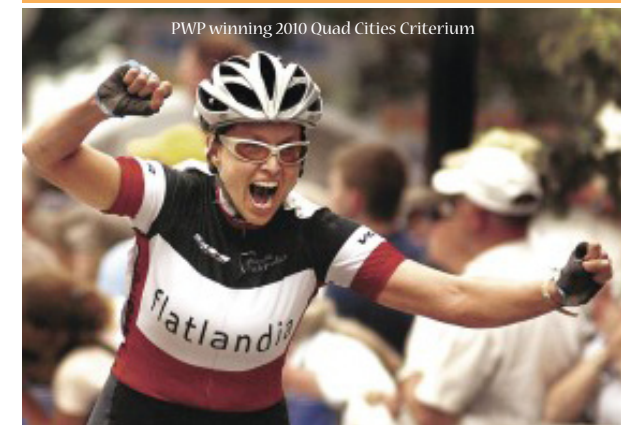
PRINT NAME

SIGNATURE

DATE

"As a first-timer in the Pedaling With a Purpose class, I was amazed at how my cycling skills and ability improved over the course of the class and translated into huge gains out on the road in the spring. The instructor and other cyclists couldn't have been more positive and helpful. This is truly a class for those who want to improve their cycling skills – no matter what level they start from.

It worked for me!" —Janet Kowal



PWP winning 2010 Quad Cities Criterium