

Cycle U Triathlon Open House

Saturday January 16 – 6:00pm

Come check out what the Cycle University Multisport Team has to offer you!

Meet coaches Rhae Shaw, Tom Roseberry, Michelle Ohlson and others. Rhae Shae's talk "My Breakout Season" will be the featured event of the evening.

Local triathlete Rhae Shaw was the third amateur finisher at the 2009 Ironman World Championships in Kona, Hawaii with a personal best finishing time of 10:02. On her way to her podium finish she posted the the fastest amateur bike split of the day (5:15) for the 112 mile ride and set a PR for her Ironman marathon. Her breakthrough season included impressive first place amateur finishes at both the Canadian 1/2 Ironman National Championships and Hawaii 70.3, setting bike course records in each. She also went undefeated from May - Oct on the local triathlon scene.

Afterwards learn about what the team can do for you including:

- Training plans
- Weekly team workouts
- Personal Coaching
- InCycle Multisport Classes
- Multisport Bootcamps
- Swim, Bike and Run Clinics teaching basic to advanced levels
- Team Supported Races
- A supportive community to grow and thrive in multisport!

Refreshments and Hors d'oeuvres will be served!



Rhae is a full time employee at Microsoft and will once again race for the CycleU womens road team in 2010. She will also be advising the Multisport Team.

Date: Saturday Jan 16, 2010
Time: 6:00pm

Location: West Seattle Cycle University
4550 Fauntleroy Way SW
Seattle WA 98126
206.353.1496

About Cycle University - Cycle University was established in 2004 by local pro cyclist Craig Udem to develop the best coaching and teaching methods for cycling. The school has created a large curriculum of proprietary classes and teaching methods for everything from how-to-ride for the first time to preparing for the Tour de France.