



Olympia

PRESENTS

**RIDE
WITH
RICK**

Bring your bike, trainer, water (and courage) for a 90-minute heart-pumping training session with Olympia's Super Coach: Rick Yaschyshyn - Boonen.

Where: Rowing Club (20 Lyndale Drive)

When: 9:00 a.m. Saturday morning (Nov - March)

Cost: \$6 / session

Contact: 888-4586 (Olympia Cycle Portage Ave.)

Email: ric18@mts.net (Rick Yaschyshyn - Boonen)

Supported by:

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