



PRESENTS
SUMMER TRAINING CAMP
JULY 17, 18, 19, 2009
BALTIMORE, MARYLAND

Moto Pro Training and Coach Marc Spataro, are proud to present the Second summer strength and conditioning camp, designed specifically for athletes involved in power sports. A 3-Day Camp full of activities to improve performance, both on and off the track.

Join professional racers for a weekend of sport specific training including topics covering: cross training, nutrition, heart rate training, and injury recovery and prevention. On Friday there will be a special event held at one of the nations largest indoor climbing gyms, Earth Treks, for a cross training seminar. The training techniques you will learn can be applied anywhere at anytime!

LIMITED SPACE! RESERVE YOUR SPOT NOW!
INTRODUCTORY OFFER \$250.00

www.motoprotraining.com

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443-928-9311

WHERE TO STAY

Holiday Inn Express Timonium (410) 560-1000
Hampton Inn Hunt Valley (410) 527-1500
Red Roof Inn Timonium (410) 666-1509
Extended Stay America Timonium (410) 628-1088
Ramada Limited Cockeysville (410) 667-8936
Crowne Plaza Timonium (410) 252-7373

WHAT YOU WILL NEED

Work Out Gear for 3 Full Days
Athletic Shoes
Casual Dress for Night/Dinners
Expense Money for Food etc.
Mountain Bike (rentals are available)

WHAT TO EXPECT

A Weekend Filled with Information that will
ABSOLUTELY IMPROVE
RACING, RIDING, and TRAINING!
CHALLENGING AND COMPETITIVE FUN!
TIME SPENT WITH OTHER PROFESSIONALS!
A CHANCE TO WORK WITH A PROFESSIONAL
COACH!
MAKE YOUR RESERVATION TODAY!
LIMITED SPACE AVAILABLE!

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