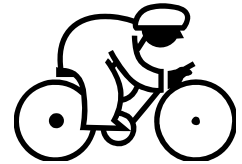




Mid-Island Velo Association



Thursday Evening Trainer Sessions

These training sessions are intended to provide cyclists with a weekly cycling workout during the winter. In order to create an enjoyable and social atmosphere, MIVA has rented a school gymnasium and has purchased a projector. Each week, either a training video or a cycling-themed movie will be shown on the big screen. All Sufferfest nights include a formal workout and the other sessions include an informal workout.

Doors open at **7:30PM** for set-up. The Sufferfest videos will start at 7:45PM, longer videos will start earlier. Each session will conclude shortly after **9PM**, depending on video length.

Location: **Pleasant Valley Elementary School**, 6201 Dunbar Rd (enter via west gym door)

Schedule:

Date	Title	Subject	Year	Duration
5-Jan	The Sufferfest	A Dark Place		60min
12-Jan	What it Takes	A camera crew follows four elite triathletes, including Peter Reid, to show "what it takes" to compete at that level.	2006	97min
19-Jan	The Sufferfest	Revolver		60min
26-Jan	Overcoming	A documentary about Bjarne Riis and Team CSC.	2005	105min
2-Feb	The Sufferfest	The Hunted		60min
9-Feb	American Flyers	A cheesy cycling classic with Kevin Costner and a cameo by Eddy Merckx	1985	113min
16-Feb	The Sufferfest	Angels		60min
23-Feb	Klunkerz	Must-see - on the birth of mountain biking.	2006	83min
1-Mar	The Sufferfest	Downward Spiral		60min
8-Mar	Chasing Legends	Road - Team HTC-Columbia	2009	93min
15-Mar	The Sufferfest	<i>To be Determined</i>		60min
22-Mar	Breaking Away	A great cycling-themed drama	1979	101min
29-Mar	The Sufferfest	<i>To Be Determined</i>		
5-Apr	A Sunday in Hell	Paris-Roubaix Pub Night at Longwood to follow	1976	111min

Cost: **\$5 per session to cover facility rental**. Non-members are welcome but are encouraged to join.

What to Bring: Bike, trainer, riser, towel, water, mat and heart rate monitor (optional)

Please visit our website : www.bikeracing.ca