

Pedaling to Peak Performance Lecture

“10 days to Amgen” Pedaling to Peak Performance Lecture is May 12 from 6-8pm at Embassy Suites Lake Tahoe, 4130 Lake Tahoe Blvd., South Lake Tahoe.

In mid-May, thousands will be pouring into the Lake Tahoe region for the start of the Amgen Tour of California, the largest bike race in the nation. To help kick-off this event, Barton Health will have an informative cycling lecture by physical therapist Jason Collin, avid cyclist, certified strength, conditioning and bike fitting specialist during the “10 Days to Amgen” series.

The lecture – designed for cycling athletes of all levels – focuses on increasing pedaling efficacy and power, improving handling performance, decreasing overuse injuries and saddle soreness, as well as reducing or eliminating back, neck and knee pain. Additionally, the lecture will feature a stretching and nutrition components to aid in maximizing bicycling performance.

The lecture is free and open to the public.