

Get your time on cross country!

Nancy Covert Pace Track Clinic

July 11th, 2009

Oakdale Farm, Powhatan, Va

(limited to CVACTA members)

Join Nancy and learn to get optimum time on cross country on the pace track at Terry Adcock's farm.

Each session will be 2 hours, limited to 4 riders each session. Come tacked up, but not warmed up as there will be a short talk on heart rate and respiration. Stethoscopes and heart rate monitors will be provided.

Cost \$25 per member

Rider _____ Level _____

Releases and liability waivers may be obtained form our website.
Don't forget your Coggins!

Mail to: Pat Martin, 1912 Buffalo Creek Rd, Crozier, Va. 23039