

## NORTHERN CALIFORNIA AND NEVADA CYCLING ASSOCIATION





2019 Junior Series Rules and Information: https://ncnca.org/files/juniors/Junior-series-rules-2019.pdf

This is an individual rider competition. The top three finishers in the series will receive cash prizes at the Annual NCNCA Road Awards Banquet in October.

## Sponsored By:



Achieve Performance Training & Coaching specializes in helping cyclists reach their goals. From the weekend warrior to elite racer, their proven interactive coaching style sets them apart, where each athlete and coach communicates on a consistent basis. It's not just 'here's your program and go do it'. The mission of AchievePTC is to support, educate, and guide their clients to achieve their potential as athletes and human beings in an honest, trusting, and objective manner. AchievePTC uses proven tools, along with constantly honed and evolving methods to give each athlete their best chance to succeed.

For coaching inquires and more information, contact Dana Williams at danawilliams26@gmail.com or 415-609-7972. Follow Achieve on social media: Instagram - @achieveptc. Twitter - @achieveptc. Facebook - AchieveTrainingCoaching. #achieveptc