

2014 CDTC OFF SEASON TRAINING

HELLO ALL 2014 CDTC MEMBERS!

WE ARE HOPING YOU ARE ENJOYING THE OFF SEASON AND HAVE TAKEN THIS OPPORTUNITY TO REST AND ENJOY LIFE A LITTLE BIT! THAT BEING SAID, WE WOULD LIKE TO INFORM YOU THAT THE CDTC WILL AGAIN BE ORGANIZING SOME OFF SEASON TRAINING OPTIONS YOU MIGHT WANT TO CONSIDER. THESE TRAINING OFFERS ARE AVAILABLE **ONLY** TO 2014 CDTC MEMBERS. IF YOU WERE NOT A MEMBER IN 2014 AND ARE RECEIVING THIS EMAIL, WE APOLOGIZE. PLEASE READ THIS EMAIL **IN ITS ENTIRETY** TO AVOID MULTIPLE QUESTIONS TO WHICH THE ANSWERS ARE HERE.

THIS IS HOW OFF SEASON TRAINING WILL WORK THIS YEAR:

--SIGN UPS WILL BEGIN ON SUNDAY, NOVEMBER 16.

--SIGN UPS WILL BE **VIA EMAIL ONLY!!** THEREFORE EMAILS RECEIVED BEFORE NOV 16 AT 12AM WILL NOT BE CONSIDERED....EMAIL **TRAINING@CDTC.ORG**

--THE OPTIONS WILL BE LISTED BELOW. YOU MAY CHOSE **ONLY ONE** OPTION!

--MEMBERS MUST EMAIL INDIVIDUALLY. YOU WILL NOT BE ABLE TO RESERVE A PLACE FOR YOUR FRIEND, SPOUSE, ETC AS SPACES ARE LIMITED AND WE MUST KEEP THIS AS FAIR AS POSSIBLE.

--YOU ARE NOT CONFIRMED IN YOUR SELECTION FOR OFF SEASON TRAINING UNTIL YOU RECEIVE A RESPONSE EMAIL CONFIRMING YOUR RESERVATION.

--IF YOU RECEIVE NOTIFICATION THAT YOU ARE IN A TRAINING SESSION, PAYMENT IS EXPECTED AT THE FIRST SESSION.

--CDTC WILL BE PAYING \$5 OF THE COST OF EACH SESSION THIS YEAR. THE PRICES LISTED IN THIS EMAIL ARE **YOUR COST**.

--IF YOU CANNOT AFFORD OR CANNOT MAKE THE DATES FOR THE TRAINING, PLEASE DON'T SIGN UP AS YOU ARE TAKING THE SLOT AWAY FROM SOMEONE ELSE.

--IF SOMEONE DROPS OUT **BEFORE** THE TRAINING STARTS I WILL CONTACT THE NEXT PERSON IN LINE WHICH WILL BE DETERMINED VIA DATE/TIME STAMP ON EMAIL.

--IF YOU DROP OUT AFTER THE TRAINING HAS STARTED, **YOU WILL NOT RECEIVE A REFUND**.

--YOU ARE RESPONSIBLE FOR PAYING THE TRAINING FACILITY DIRECTLY. CDTC WILL NOT COLLECT ANY MONEY FROM MEMBERS.

HERE ARE THIS YEAR'S OPTIONS:

CYCLING WITH ELEVATE

10 MEMBERS @ \$120 EACH

8 WEEKS

STARTING DEC 2

TUESDAY 6:30pm

AT Elevate Cycles

1581 Rt.9 Suite A

Clifton Park, NY 12065

518-371-4641

chris@elevatecycles.com

****BRING OWN BIKE—POWER BASED TRAINING**

SWIMMING WITH KEITH MURRAY

20 MEMBERS @ \$40 EACH

4 WEEKS

STARTING NOV 25

TUESDAYS 6-7PM

AT COLLEGE OF ST ROSE POOL IN ALBANY

***There is a possibility that Keith may add up to 4 more classes. The cost per member would be \$10 per class (CDTC will cover the additional \$5 per class).

CYCLING WITH TOMHANNOCK BICYCLES

12 MEMBERS @ \$40 EACH

8 WEEKS

STARTING DEC 7

SUNDAYS 9AM

AT Tomhannock Bicycles, 3149 ST-7 Pittstown NY 12094, just 15 minutes east of Troy.

****SPIN BIKES PROVIDED**

STRENGTH TRAINING WITH POWER HOUSE ATHLETICS

15 MEMBERS @ \$40 EACH

8 WEEKS

STARTING DECEMBER 5TH

FRIDAYS 6-7PM

AT ABC SPORTS AND FITNESS 3 JOHNSON RD LATHAM

