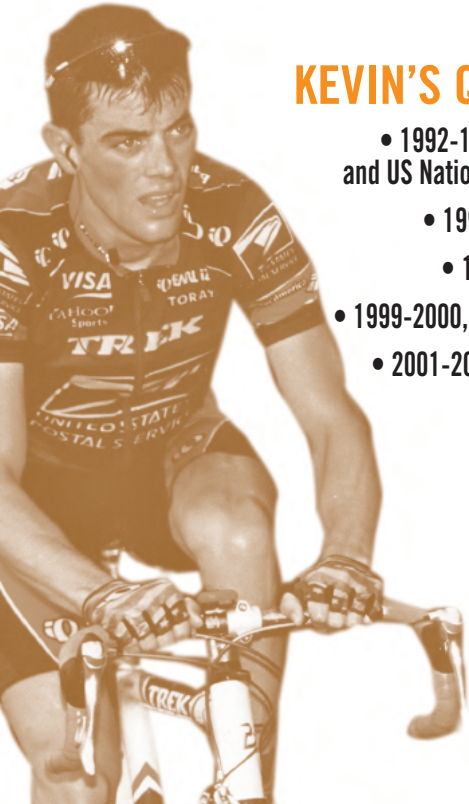


ABOUT KEVIN LIVINGSTON

After a successful decade of professional racing, which included a US National Championship, 6 Tours de France, and countless European Classics, Kevin retired in Austin, Texas, and began the next step of his career. Since retiring in 2002, he has remained active in both the local and professional cycling communities.

As a spokesperson and supporter of the National Diabetes Tour de Cure, Kevin is able to share his experience and passion for cycling with riders of every level. Kevin also serves as a consultant to Medalist Sports where he has served as Competition Director for the Amgen Tour of California and the Tour of Missouri.

It is Kevin's role as a coach that has brought him the most satisfaction, and he continues to coach cyclists at every level of the sport. A desire to reach out and serve more athletes ultimately led to the development of the Pedal Hard Training Center.



KEVIN'S QUICK BIO

- 1992-1994, Team Saturn and US National team member
- 1995-1996, Motorola
- 1997-1998, Cofidis
- 1999-2000, US Postal Service
- 2001-2002, Team Telekom



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JOHNNY'S
BIKE SHOP

400 Nueces St.
Austin, TX 78701
512 473 2233
www.pedalhard.com



INDOOR CYCLING CLASSES
PROFESSIONAL FITTING
THRESHOLD TESTING
EVENT-SPECIFIC COURSES
TRAINING PROGRAM DESIGN

Founder and Coach

KEVIN LIVINGSTON

INDOOR CYCLING CLASSES

SCHEDULES & CLASS TIMES

PHYSIOLOGICAL TESTING

**NO TRAFFIC. NO WEATHER.
YOUR BIKE. YOUR COURSE.**

YOUR WORKOUT.

Pedal Hard Training Center features state-of-the-art Computrainer technology and an experienced, full-time coaching staff. Each session is one hour of focused, quality riding, using metrics like heart rate, cadence and power to track your progress and keep you honest! We have athletes who use the center to train for events like the MS150, Leadville 100, Ironman Florida, and even the Tour de France. Others come in to work on personal fitness goals, or just to get in a great workout, while escaping the Austin weather and traffic. All sessions are individually tailored to your goals. Come on in and see how Pedal Hard can help you reach them.

INDOOR TRAINING SESSIONS

MONDAY - FRIDAY

6AM • 8:30AM • 12 NOON • 6PM

SATURDAY

8:30AM

1 SESSION: \$35

10 SESSIONS: \$315

Please reserve your session at www.pedalhard.com

**Contact us at (512) 473-2233
or training@pedalhard.com**

LACTATE THRESHOLD

Using an SRM ergometer and lactate analyzer, we will evaluate your current level of fitness and areas on which to concentrate. Each test is followed by a consultation and discussion of the results, including our recommended training zones.

Price \$275

PROFESSIONAL BIKE FITTING

As a professional, Kevin was meticulous about his position and pedal stroke, and each Pedal Hard fit draws from his experiences with the best coaches and experts in the industry. Pedal Hard offers a comprehensive bike fit using Retul's 3-D motion capture system. Each fitting includes a professional analysis of your cleat placement, saddle and handlebar position, pedaling style, and overall form on the bike.

Price \$350

