



Proudly Presents: RYAN KOHLER- U.S. MTB Team Manager of BMC Racing and Associate Coach and Sports Nutritionist at Wenzel Coaching!

Thursday evening, December 29, 2011 at 5:30pm
The Blarney Room at McGirk's Irish Pub, Chenango Commons.
1 Kattelville Road, Binghamton, NY 13901

Ryan will be speaking on a variety of cycling topics including endurance training and fitness, racing, triathlon, and nutrition. Q & A and Refreshments will be provided following the seminar.

Tables will be provided for cycling clubs and teams to provide club literature to attendees.



Ryan Kohler, M.S., Associate Coach

Specialties: Mountain Bike Racing, Road Racing, Endurance MTB, Cyclocross, Triathlon/Duathlon, Century Speed, Adventure Racing, General Fitness.

Available to take on all levels of athletes both racing and non-racing.

Available for seminars, camps, clinics, and team direction on a contractual basis.

Ryan Kohler, M.S. brings to Wenzel Coaching a wide range of experience in endurance sports along with eight years of full-time coaching, previously working with Carmichael Training Systems. He gives his athletes the best chance at achieving their goals by applying his knowledge of coaching and sports nutrition. Ryan excels at working with mountain bikers, especially juniors, as he has been the Camp Manager and Lead Coach for USA Cycling's Junior Regional Development Camps and National MTB Talent ID Camp for the past 4 years. Most recently he has worked with the U23 US National Team members in a variety of trips to Germany and Switzerland for World Cup level competitions. Ryan's clients from juniors to all ages and levels recognize his passion for helping his athletes achieve success.

Ryan holds degrees in both Exercise Science and Sports Nutrition, and is currently completing coursework for a bachelor's in Dietetics. He has taught nutrition at the college level. He holds a Level II USA Cycling Coaching Certification and has been a Certified Strength and Conditioning Specialist with the NSCA since 2003.

In working with clients, Ryan uses the knowledge he has gained from many years of participation in a wide variety of endurance sports, starting as a junior MTB athlete. He has raced competitively in MTB, Cyclocross, Triathlon, Running, Road Racing, Adventure Racing, and freestyle skiing. He has also competed in duathlon, highlighted by participating in the Duathlon World Championships. He has completed events such as the former Balance Bar Adventure Race Series in the 24 hour distance, Courage Classic charity ride, and Silver Rush 50 MTB race. Currently, he enjoys competing in MTB events from cross country to marathon distance and will be managing the BMC MTB Development Team in 2012.

Ryan has coached cyclocross National Champions, multiple state and national MTB champions, successful sub-10 and sub-8 hour Leadville finishers, and has also provided consultation services with Domestic professional riders, Olympic hopefuls, and the Air Force Academy on a variety of sports nutrition topics.

For further information, please contact: Marshakapinus@gmail.com or

nysbra

This event supported by a grant from the New York State Bicycle Racing Association (NYSBRA)

Brought to you by Elevation Events and Strategies - Elevationeventsandstrategies.com