



**Mt. Washington
Nutrition & Coaching Seminar
*Wednesday, June 29, 8PM***

Go **GREEN** to be **LEAN**



**Eneas Freyre, reigning Mt. Washington
Hillclimb Champion, and course record**

holder of the Mt. Greylock & Whiteface Mountain hillclimbs will lead a coaching discussion focused on a proper plant-based training diet to maximize your race-day ascent of Mt. Washington.



This "can't miss" coaching session is the 2nd of a 3 part coaching and will feature discussion plus Q&A from Board Certified Sports Nutritionist and Registered Dietitian Lois Duke.



Nutrition's the focus,
but all topics related to uphill cycle racing
are open for discussion.

One more session
will be conducted in July.

[Register Here!](#)



Free for TTEndurance members
\$20 drop-in fee

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