



photos by Alan Perlman



Multi-Sport Clinic - June 19, 2008 Presented by the Challenged Athletes Foundation

Participants will be able to try out different sports and learn about exercise and fitness to improve their overall health. Activities will include demonstrations and instruction on adaptive techniques for swimming, cycling, handcycle, running, mobility, and strength training activities. All sports will be available for everyone to experience for themselves. Also, participating elite athletes, including Jonathon Bik and Carlos Moleda, will share valuable techniques, tips and stretching exercises, and answer questions that will make your athletic pursuits more enjoyable - and successful. Instruction will be given using spin bikes, handcycles, treadmills, the pool and weight room equipment. Come celebrate sports and make new connections!

**Who should attend?
When is the clinic?**

**Challenged Athletes of any age and ability!
Thursday, June 19, 2008**

4:00 pm - 7:00 pm

Where is the clinic?

Asphalt Green Athletic Club

555 East 90th Street

(between York & East End Avenues - use the York Avenue entrance)

New York, NY 10128



RSVP with CAF at 858-526-6567 or jill@challengedathletes.org
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