



# Meet Chris Carmichael in Santa Monica

Friday, March 16<sup>th</sup>

6:30 P.M.

6:30-7:00 Food & drinks  
7:00-8:30 Presentation with Chris

**Cynergy Cycles**  
2300 Santa Monica Blvd  
Santa Monica, CA 90404  
310-857-1500

Legendary cycling coach Chris Carmichael will make a special appearance at Cynergy Cycles in Santa Monica. He'll be signing his new book *5 Essentials for a Winning Life* and discussing his plan to help everyone discover the champion within.

\* It will be a customer appreciation night at Cynergy Cycles with 10% off bikes and 15% off parts and accessories.

*"5 Essentials for a Winning Life goes far beyond workouts and meal plans; it's the performance plan for living life to its fullest."*

—LANCE ARMSTRONG



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