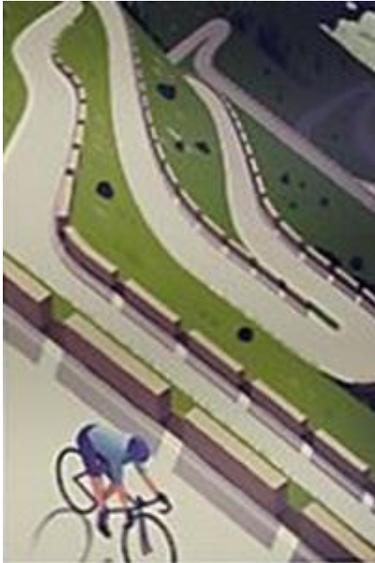




FARTHER.
FASTER.
SAFER.

What's New in October 2018



Passo dello Stelvio KOM and QOM Needed!!!

VROOMers, we're looking for 1 gentleman and 1 lady to set the Passo dello Stelvio climbing time. This is a new challenge for all you courageous climbers. The Stelvio is the highest paved mountain pass in the Eastern Alps of Italy (a favorite of the Giro d'Italia) and is available to ride right here at VROOM. Who wants to be our KOM/QOM for this epic 9 mile, 3655 foot climb?!? Be the first gentleman and lady to come in to conquer the challenge and receive a free nutritional item to help you along the way!

Be the KOM/QOM of the Stelvio



Spoke-y Halloween Days October 30th and 31st

Come join us for a Spoke-y Halloween Ride!!! On October 30th and 31st, bring a friend to ride FREE, and you'll get 50% off your ride and anything you purchase (excludes smart trainers)!!! You and your Halloween buddy can open ride, do a group ride, or encourage each other through an FTP test. Oh, and don't forget to dress up :) We'll have all your favorite Halloween music and candy!

Make Your Appointment



Did You Know That VROOM Does **FTP Testing?**

What is an FTP Test, you ask? FTP stands for Functional Threshold Power. Basically, it's the amount of power, in watts, you can sustain for approximately 1 hour. So, how can knowing this help you? Knowing your FTP helps you to train smarter and more effectively to get the most out of your training indoors and outdoors. Our short FTP is only \$12, so sign-up now to find out yours!!! (Remember, this is also available at part of our Spoke-y Halloween Special.)

Sign-up for Your FTP Test

Studio Hours

Monday - Thursday

6:00am to 3:00pm By Appointment

3:00pm to 9:00pm Walk-Ins Welcome

Friday - Sunday

By Appointment

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