



Hear from **Sam Krier, Bellin Health Physical Therapist and Board Certified Sports Clinical Specialist** about the importance of finding the right fit on your bike. Learn how a personalized physical exam in conjunction with a high speed motion capture system can find you your perfect fit. Not only will you learn about your bike position, you will also learn about your body. As health care professionals we can provide exercises and intervention to get the most out of our joints and muscles. Whether it is for racing for a podium spot or enjoying a family ride on the Fox River Trail we can help find your best set up.



Sam Krier, MPT, LAT
Physical Therapist

Teaming up with Sam will be **Peter and Tracy Flucke of WE BIKE, etc., LLC** as they share their knowledge of cycling set up and its influence on their recent cross country Tandem Cycling adventures. Peter and Tracy have been long time riders in the Ashwaubenon area and they have logged many hours in the saddle. They truly know how your fit can make the difference for performance and enjoyment on their long distance as well as recreational rides.



Tracy and Peter Flucke
WE BIKE, etc., LLC

Wednesday, February 21 | 530-7 pm

Bellin Health Titledown Sports Medicine & Orthopedics
1970 S Ridge Road | Titledown Atrium Conference Room

Free Admission | Advance Registration Required

TO REGISTER: Email Nathan.Vandervest@bellin.org