

Massage Services and Recovery Lounge for the California Coast Classic 2017

Greetings Cyclists!

Congratulations on your fundraising efforts for the Arthritis Foundation and embarking on an amazing and challenging bike ride down the coast! You have worked very hard these last several months in both training and fundraising for such a worthy cause. Very soon, the fun part will begin...and we are a part of that!

I would like to introduce myself to you. My name is Susan Tudor and I am a cyclist, a massage therapist and a veteran of the CCC. The California Coast Classic was a life-changing event for me in 2005. It was such a terrific experience that I returned to ride again in 2006, so I have a good idea of what you will be going through each day.

Our team of massage therapists and our Recovery Lounge will be there for you every afternoon at the finish. We offer massage to keep you tuned up and ready to hit the road day after day. We combine facilitated stretch and massage to aid in your recovery.

Our Recovery Lounge will be equipped with five leg compression recovery stations, aka the “Leg Squeeze”. They do a great job at distal to proximal (foot to hip) milking massage, squeezing out the lactic acid/inflammation while increasing blood flow to ease DOMS -delayed onset muscle soreness. They are used by Pro bike racers, Pro triathletes, the NFL and cyclists like yourselves. Bring your beverage, kick back on our zero gravity lounge chairs, zip on the recovery boots and you will notice that your legs are lighter the next day!

| Recovery Massage | Price | Deep Tissue Massage | Price | When | Leg Compression Therapy | Price | When |
|-------------------------|-------|---------------------|-------|---|-------------------------|-------|------------|
| Half (25 min) | \$35 | Half (25 min) | \$45 | On the hour and half hour. 1:30-10:00pm | | | |
| Full (50 min) | \$65 | Full (50 min) | \$75 | On the hour and half hour. 1:00-9:00pm | 20 min session | \$10 | 1:30-10:00 |
| Deluxe (80 min) | \$95 | Deluxe (80 min) | \$110 | On the hour and half hour. 1:00-8:30pm | 40 min session | \$20 | 1:30-10:00 |

The self stretch area in the **Recovery Lounge** is available to everyone, whether or not a massage service has been purchased. It is equipped with electric massagers, foam rollers, vibrating foam rollers, leg rollers, recovery balls, stretch bands, and yoga mats for “do it yourself” body work. For specific issues, we offer Hyper-Ice Compression therapy and Kinesio taping for a nominal fee.

Booking An Appointment: Simply walk up to our massage tents at the event to book your appointment. Appointments are on a first come first served basis. If you wish to pre-book your massage or leg compression therapy contact susan@cyclistsmassage.com or call 949-257-7680. Credit card is needed to pre-book. We accept credit cards, paypal, cash. Please arrive at least 5 minutes prior to appointment to check in and pay for your service. If you have not arrived by 5 minutes after appointment start time, the slot will go to the waitlist. If you have any questions, whatsoever feel free to call Susan 949-257-7680.