

## NEWSLETTER ISSUE 12

June 2023



FAKULTA TELESNEJ  
VÝCHOVY A ŠPORTU  
Univerzita Komenského  
v Bratislave



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## Multiplier Sports Event 2 in Spain

Second Multiplier Sport Event organized by **CLUB DEPORTIVO ELEMENTAL ENTRENAMIENTOCICLISMO.COM** took place at our facilities in Torrelodones, in Madrid, Spain on June 26, 2023. ENTRENAMIENTO CICLISMO promote the event by posting on Instagram and Facebook stories, where we can reach more than 10,000 people. Additionally, the project manager contacted people and cyclist organizations who believed that they may be interested in the event. However, most of the participants where reach by our coaches' face to face.



Participants were informed about European program Erasmus+ Sport support and C-TRENDS project: background, aims, objectives, intellectual outcomes, benefits of the project, guidance on how to use the digital platform, e-guides and OptiCycle app.



The event was delivered by our expert Iván de Lucas, who work as sport scientist at EntrenamientoCiclismo.com. He performs biomechanics , personal training, data analysis and performance testing to our cyclist. He holds and Sport Sciences degree from the Universidad Autonoma de Madrid and MSc in High Performance Training from the Universidad Pablo de Olavide (Sevilla).

ENTRENAMIENTO CICLISMO team created the agenda, prepared PPT presentations to introduce the project, promoted the event, provided details for

registering in the e-learning platform, sent the event evaluation form to participants and carry out the social ride with the participants.



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