

WOMEN'S ONLY

FREE

Bike Skills Clinic

Saturday, September 17, 2011

9:30-11:30 am

Chatfield State Park-Littleton, Colorado
Swim Beach Parking Lot and Concession

Presented by:



AND



Learn (or brush up) on your bike handling skills at this Free Women's Only Bike Clinic

Fundamentals we will cover:

Group ride etiquette and general pack style riding- get comfortable in the group and don't get dropped!

Drafting and pacelining

Cornering

Using your gears, when and how to shift properly and efficiently

Bike skills and drills to get more comfortable and confident on your bike

Pre- ride bike check

What you will need to bring:

Road bike in good working condition, helmet, bike shoes and tennis shoes/cross trainers, spare tube and pump or CO2 cartridge, individual water/drink/food for a 2 hour ride, identification

Participants should be able to complete a 25 mile road ride

Registration required and space is limited- please contact Shawn Heidgen at sheidgen@gmail.com or 303.642.3053 to sign up or for more information.