

Team BobsBicycles.com
Riverstone Women's Racing Team
&
Team Exergy
In cooperation with
The Southwest Idaho Cycling Association
Present the 2010

Basic Bike Racing Skills Clinics

At Expo-Idaho

(Glenwood Street south of Hawks Stadium)

Thurs. May 6, Thurs. May 13 &
Tues. June 29th

Location: West Parking Lot of Expo Idaho.
Time 6:30 to 8:30 pm
Cost: \$10 – Registration opens at 6:00 on the day of the clinic

These clinics are focused on teaching the basics of road bicycle racing. These clinics are intended for riders with an interest in racing or new racers who want more hands-on knowledge.

Topics include-bike handling, pack awareness, cornering skills, position on bike, understanding the basic rules, introduction to USA Cycling lingo and race categories, handling mechanical problems and flats when racing, introduction to Idaho bike racing opportunities and more. There will be a small amount of lecture but most of the evening will be spent on the bike working on various skills.

Clinic instructors include men and women racers, who will provide small group teaching in a non-race environment. You will have direct feedback.

SWICA is on-line at www.idahobikeracing.com and
checkout the site: www.startbikeracing.com

Riders may attend more than 1 clinic. However, only your first clinic attended will give you 4 points towards your first a USACycling category upgrade. These clinics are permitted and insured by USA Cycling.

BOBS-BICYCLES.COM

