



SCHEDULE OF EVENTS 2007

Sarah Frederick from Rob & Charlie's

Title: Bike Maintenance While Out on the Road

Description: My bike broke. I'm out of cell phone range. Now what? Tips for the dilemma

Jenny Skorcz of Giant for Women and her own Pilates business, Cycling Essentials

Title: Bike Maintenance Tips that Every Woman Should Know

Description: Jenny, who has been a bike mechanic for many years, will break it down for even the most mechanically challenged of us. Jenny will encourage us all to get in our garage and get dirty in order to prolong the life of our bike and keep it running in tip top shape.

Jen Charrette from Betty Bike Gear

Title: How to Fix a Flat

Description: This is a hands-on clinic that will finally get you comfortable changing that dang flat. No more fears about being stranded on a trail somewhere with a flat. Gals, you can bring your bikes to this clinic.

Doug Stiebler

Title: Osteoporosis and the Endurance Athlete

Description: The presentation will cover background information on osteoporosis, risk factors, and causes of osteoporosis in the population and endurance athletes. This will be followed by a discussion of exercise and nutritional interventions to inhibit or reverse bone loss.

Jenny Skorcz of Giant for Women and her own Pilates business, Cycling Essentials

Title: Pilates and Pedaling

Description: Come listen to this very experienced cyclist and bike mechanic tell us about the relationship between core strength and cycling. Then join Jenny on the floor to test your core strength and learn how to improve your cycling with pilates.

Gail Ryba, League Certified Instructor

Title: Bicycle Commuter Seminar

The League of American Bicyclists has worked with safety experts and cyclists to create a 9-hour bicycle skills course that can help make you a safer, more confident cyclist. Today's 45-minute seminar will give you a preview of that course and share some of the essential information about riding safely in traffic. Knowing more about the causes of bike crashes can help you avoid them.

***Spin Classes**

Two FREE spin classes will be offered from 1:00 - 1:45 p.m. and 2:00 - 2:45 p.m. People need to sign up in the morning b/c space is limited to 40 people. Instructors are Stephanie and Cat.

Bike Rodeo

A Bike Rodeo for kids will be offered during Bike-a-gogo in the upper parking lot next to the bike demo area. The Rodeo is sponsored by Patricia Peck Dentistry and free helmets will be given away to kids.

FREE Cruiser Bike

Mountain Flyer Magazine will be raffling off a cruiser bike at their booth.

Massages

Come and get a free 10 minute massage offered by Health Enhancement Inc.

Contests

A tire changing contest will be hosted in the BTI booth. Win prizes for changing a tire the fastest! A bike obstacle contest will be hosted in the upper parking lot 9-3. Slow ride contests will be held in the parking lot at. Contest prize winners will be announced at 2:45 p.m. so stick around!

Time for all these events (except the Spin Classes) will be announced later! More clinics may be coming too!

Don't forget Party-a-GoGo at the Second Street at 7:00p.m.