



PERFORMANCE CYCLING FOR MEN AND WOMEN

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**Summer and Fall 2008 Clinic Offerings**

**Just Added to the Calendar!**

**July 22nd, 2008**

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- Bike Skills 101 -- Individual Bike Handling Skills -- sponsored by [BicycleLawyer.com](http://BicycleLawyer.com)
- Bike Skills 102 -- Mountain Bike Skills
- Bike Skills 103 -- Cyclocross Skills
- Bike Skills 201 -- Climbing & Descending
- Bike Skills 301 -- Group Riding Skills (co-ed)
- Girls Got Skills -- 2-Day Women's Cycling Clinic
- Register now for other upcoming Velo Girls Coaching programs
- Velo Girls Coaching Services Refund & Cancellation Policy
- About Velo Girls

Due to popular demand, we've expanded our clinic offerings for summer and fall 2008. We introduced our new 4-hour "Bike Skills" modules earlier this spring and have experienced sell-out clinics each weekend. Whether you're a new rider trying to flatten the learning curve, or an old dog who wants to learn some new tricks, we guarantee that you'll ride away a safer, more efficient, and more confident rider.

Register today for these upcoming clinics:

<https://www.sportsbaseonline.com/Series.aspx?id=351>

**Bike Skills 101 -- Individual Bike Handling Skills -- sponsored by [BicycleLawyer.com](http://BicycleLawyer.com)**

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This clinic is the foundation of everything else you'll learn on the bike. This is the clinic where we teach the old dogs new tricks. You'll learn about balance and weight distribution and how that affects your ability to ride your bike safely and confidently. We'll learn skills like riding with no hands, emergency stops, and how to look behind you while holding your line, how to steer, and counter-steer. After just four hours, we guarantee you'll be a better bike handler and have much more fun on the bike.

August 17th -- 8:00am - 12:00pm (women)

August 17th -- 1:00pm -- 5:00pm (men)

October 26th -- 9:00am - 1:00pm (co-ed)

Bike Skills 102 -- Mountain Bike Skills

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Learn to bump & jump & hop & track-stand. Learn to read the trail to pick the safest, most efficient line. We'll teach you how to execute switch-backs (up & down) and how to handle changes in terrain with confidence and ease. Learn the secrets of balance and weight distribution to execute a variety of climbs and descents. Overall, you'll ride away with the skills necessary to

ride and race on Northern California trails.

September 13th -- 1:00pm -- 5:00pm (co-ed)

### **Bike Skills 103 -- Cyclocross Skills**

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In this 4-hour clinic, we'll cover all the basic cyclocross skills needed to begin riding and racing: mounts, dismounts, carrying, and shouldering the bike. We'll teach you how to read a course and plan your race-day strategy. And you'll learn tips & tricks from experienced racers that will help make your cyclocross experience more fun and more successful. We'll finish the day with a simulated race (just for fun). After this clinic, you're guaranteed to want more, more, more!

September 13th -- 8:00am -- 12:00pm (co-ed)

Bike Skills 201 -- Climbing & Descending

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What goes up must come down, right? In this 4-hour clinic, we'll teach you how to climb like a pro - seated climbs, standing climbs, short climbs, steep climbs, extended climbs. And then, we'll teach you how to come back down again, focusing on a fast straight descent, and then a technical switchback descent. Pre-requisite: Bike Skills 101 or equivalent experience.

September 21st -- 8:00am -- 12:00pm

### **Bike Skills 301 -- Group Riding Skills (co-ed)**

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Whether you're a racer or a recreational rider, group riding skills will help you ride longer, faster, and farther. We'll learn draft theory and basic pacelines, progressing to more complex group riding skills and introductory racing techniques. Pre-requisite: Bike Skills 101 or equivalent experience.

September 20th -- 9:00am -- 1:00pm

Girls Got Skills -- 2-Day Women's Cycling Clinic

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This is our corner-stone clinic, and includes 16 hours of "you" time in the company of other cycling women. This clinic is a must-do for recreational cyclists and racers alike! We cover individual bike handling skills, group riding skills, and training principles (including a time trial to determine heart rate training zones). You'll walk away from this weekend with a renewed love for the bike and the cycling community!

September 6th & 7th -- 9:00am - 5:00pm



#### **Register now for other upcoming Velo Girls Coaching programs**

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As a past clinic participant, I would like to encourage you to register for another Velo Girls clinic. Build upon what you've learned and expand your cycling skills. Register on-line at SportsBaseOnline.com

- August 17th -- Bike Skills 101 -- Bike Handling Skills (women)
- August 17th -- Bike Skills 101 -- Bike Handling Skills (men)
- September 6th & 7th -- Girls Got Skills
- September 13th -- Bike Skills 102 -- Mountain Bike Skills (co-ed)
- September 13th -- Bike Skills 103 -- Cyclocross Skills (co-ed)

- September 20th-- Bike Skills 301 -- Group Riding Skills (co-ed)
- September 21st -- Bike Skills 201 -- Climbing & Descending (co-ed)
- October 26th -- Bike Skills 101 -- Individual Bike Handling Skills (co-ed)

In addition, check out the Tri-Flow Women's Development Racing Program for both duathlon and road racing:

- Mermaid Duathlon -- August 8th -- September 28th
- Salmon Duathlon (co-ed) -- September 8th -- November 1st

Velo Girls Coaching Services Refund & Cancellation Policy

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Velo Girls offers a 100% refund of your registration fee if you need to cancel your clinic registration **30 or more days prior to the clinic date.**

If you need to cancel your clinic registration within 30 days of your clinic date, you may request an 80% refund.

Cancellations within 7 days of your clinic date will not be refunded. You may apply your original registration fee (less a \$25 processing fee) to a future Velo Girls clinic.

**About Velo Girls**

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Velo Girls is the largest women's cycling organization in northern California. Numbering 1,500 members from all over the state, Velo Girls offers rides, clinics, and events for women of all ages and fitness levels.

.Founded in 2002, Velo Girls has been recognized by USA Cycling as the Club of the Year in 2003, 2004, and 2006.

Founder and coach, Lorri Lee Lown, has been active in the northern California cycling community for the past decade. She's completed numerous recreational events, she races road, mountain, and cyclocross, and has commuted and toured.

She's been coaching since 2001 and her practice focuses on bike fit, skills instruction, and program development. She coaches both men and women. She's a USA Cycling elite level coach.

Velo Girls love our sponsors! You should, too! Check them out!

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