

**SUNDAY,
MAY 22
2011**

8:00 am – 12:00 pm*
(Please arrive by 7:30 am for parking and set up)

**Fairmont Park –
Riverside CA
2601 Fairmount Blvd
Riverside, CA 92501**

*including some ride time, bring your bike and helmet

- Bike geometry and lingo
- Equipment and safety
- Tire change
- Riding position and fit
- Peddalling efficiency
- Braking
- Climbing
- Descending
- Drafting
- Group riding vs pace lining
- Communication
- Q&A



Coach-Tony
.COM

**Beginner
Cycling
Clinic**

FREE!