



# METRO RIDES BIKE MONTH 2009

## COLORADO SPRINGS

## JUNE



## CLINICS

### 2009 Metro-Rides Bike Month Clinics

Experience the fun, fitness and camaraderie of bicycling!

These free, fun, hands-on learning sessions offer something for everyone, whatever your age, skill level or motivation for cycling. You don't need to bring a bike, or even own a bike. All you need is curiosity and the desire to learn.

With the exception of a few that are noted below, most of the clinics begin at 6 pm with refreshments and a social/networking time at 5:30. While there is no cost, reservations are required as capacity at each location is limited. A link to online registrations is offered here: <http://www.eventbrite.com/org/140320415?s=1108600>. Or you may call (719) 385-7431.

Along with the clinics, the Colorado Springs Cycling Club is always hosting rides. Here's a chance to practice those new skills! For more information on time and locations, visit [www.bikesprings.org](http://www.bikesprings.org) for details.

#### **Bike Fit/Fit Body - 5/26/09 – Old Town Bike Shop – 426 S. Tejon St., 80903**

"Bike Fit/Fit Body" is an educational and interactive clinic. The first segment will address bike fit basics, such as frame size, geometry, and contact component adjustments. The second half will focus on how deep & superficial core strength impacts both comfort and performance. Participants will need to bring a yoga mat or blanket to lie on the floor, and wear loose fitting clothing so they can move on the mat.

#### **Bike Commuting – 5/27/09 – Colorado Springs Bike Shop – 622 W. Colorado Ave., 80905**

You currently drive your car to work or for errands everyday, but you have considered riding a bike as an alternative to your car? You pay for a fitness center membership or indoor home exercise equipment. You worry about the volatile price of fuel, air pollution and your health. This clinic, led by a successful and cheerful bicycle commuter, will demonstrate the gear available to make your commute a comfortable reality.

#### **Hands-on for Women – 5/28/09 – REI – 1376 E. Woodmen Rd., 80920**

You enjoy riding by yourself and you confidently say to yourself "I am woman hear me roar!"; but when it comes to a simple mechanical failure, you are reduced to a cell phone and a friend with a motor vehicle to bail you out. This clinic led by women for women will introduce you to the skills that can help you get you back on your bike after a mechanical breakdown. It will also answer questions about specific cycling concerns you may have.

#### **Basics of Bike Fit – 5/29/09 – CS West Cycling Hub – 505 N. 30th St., 80904**

In this basic class we will cover why fit is important. How small changes can make big differences. We will also go into the basics of skeletal fit differences with a dive into WSD fit. We will also briefly touch on the differences between a race oriented fit and a recreational fit.

### **Adventure Cycling Gathering – 5/30/09 – McCabe’s Tavern – 520 S. Tejon St., 80903**

This cycling celebration is an opportunity to meet and share stories with other Adventure Cycling Association members. If you are not a member but are interested in cycling adventures, especially self-supported cross country journeys, come and meet your neighbors that have already accomplished what could seem out of reach to mere mortals. You may be surprised at the diversity in ages and levels of ability, especially when compared to where these Adventure Cyclists have managed to travel by bicycle.

### **Learn How to Ride a Bike! – 6/2/09 – Criterium Bicycles – 6150 Corporate Dr., 80919**

Maybe you grew up in an apartment building, or your three other siblings are competitive cyclists and you never wanted to have anything to do with bicycles, or perhaps your parents just never got around to teaching you how to ride a bike. Well, you are not alone! With changes to our lifestyles, many kids are becoming adults without ever having learned how to ride a bike. This clinic will use a safe and proven method to develop the skills needed to ride a human powered single track vehicle aka a bicycle. *Limited to the first 10 to register. Additional classes maybe scheduled depending on demand.*

### **Basic & Intermediate Cycling Skills – 6/3/09 – ProCycling – 4585 N. Chestnut St., 80907**

Basic: Are you unsure of what you are doing on your 27 speed bike? You can ride your bike but like so many modern electronic gadgets, you don't use many of the bells and whistles you paid for. This clinic will cover how to ensure your bike is in safe working order and introduce three basic on-road skills that could make you a safer cyclist.

Intermediate: You already do a check of your bikes mechanical condition before each ride. You have basic maintenance skills down to a habit. You ride on roads or trails. If the previous sentences describe you, you are ready for this clinic. League of American Bicyclists (LAB) Certified Instructors will demonstrate and lead you on your bike through the fundamental skills to better anticipate hazardous situations and avoid crashes. Check out [www.bikeleague.org](http://www.bikeleague.org) for more info about the skills.

### **Flat Repair & Basic Maintenance – 6/4/09 – Ted’s Bike Shop – 3016 N Hancock Ave, 80907**

You always carry a spare tube and it has been sufficient for those annoying flats. But someday you will get the second or third flat on the same ride and you just won't have enough extra tubes to get you home on your own power. This clinic will demonstrate and have you practice the entire flat fix scenario from recognizing that you have a flat to effectively cleaning up after the mechanical work is done.

**Cruiser Cruise of Historical North End – 6/6/09 – Leftside Spin – 333 N. Tejon St. #D, 80903** Come join Left Side Spin & the Old North End Neighborhood for an old fashion cruiser ride. The ride begins at the Left Side Spin shop; 333 N. Tejon St. and heads west to the Monument Valley Park (MVP) trail. From the MVP trail the ride heads north into the Old North End Neighborhood at Beacon & Wood Ave. from there the ride navigates it way through the Old North End; giving riders the opportunity to view older homes and historic architecture along the route. The ride ends at the Steel Elementary Gazebo at Del Norte & N. Nevada Ave. for an evening picnic with an old fashion flavor and charm. All styles of bikes and riders are welcome!

Starts at: Left Side Spin 333 N. Tejon St – Ends at: the Steele Elementary Gazebo Del Norte & N. Nevada Ave.

### **Tube Repair for Women – 6/9/09 – CS West – 505 N. 30th St., 80904**

By popular demand, this clinic will teach the art of patching tubes. It will delve into when to patch and when not to patch a tube. Bring your leaky tubes and leave with tubes that will hold air. Patch kits included!

### **Bike to Work Breakfast/Mayor’s Ride – 6/10/09 – Pioneer’s Museum & Salsa Brava**

On Wednesday, June 10th, Mayor Rivera will be leading his 6th Annual bike to work ride from UCCS to the Pioneer's Museum. Join an eclectic group of cyclists as they pedal along the Greenway trail and gather additional cyclists along the way. The police escort will make you feel like a VIP and you will enjoy a wonderful breakfast hosted by Metro Rides.

### **Why Cycling Specific Clothing – 6/10/09 – Colorado Cyclist – 3970 E. Bijou St., 80909**

**Hands On For Women (2<sup>nd</sup>) – 6/11/09 – REI – 1376 E. Woodmen Rd., 80920**

You enjoy riding by yourself and you confidently say to yourself "I am woman hear me roar!"; but when it comes to a simple mechanical failure, you are reduced to a cell phone and a friend with a motor vehicle to bail you out. This clinic led by women for women will introduce you to the skills that can help you get you back on your bike after a mechanical breakdown. It will also answer questions about specific cycling concerns you may have.

**Cycling for Seniors – 6/12/09 – Golf Acres Senior Ctr (9am-11am) – 1514 N Hancock Ave.**

Have you considered riding that bike hanging in your garage but just can't muster the energy to get it rolling and give it a try? Do you feel like you are too old to ride? This clinic led by seasoned citizens will address your concerns and provide opportunities to try bikes that you may never have seen or considered before. If you are 60 or older, please stick around for lunch after the clinic.

**Kid's Bicycle Round-Up – 6/13/09 – (1 0am-1 pm) – Goose Gossage Park (North end near the Skate Park)**

The 'Kid's Safety Rodeo' will feature fun filled games and activities that will focus on kids bicycle safety. A 'safety' obstacle course will teach kids of all ages and riding abilities the necessary safety skills to ride their bikes safely to and from home, school, the nearby park, and neighborhood destinations. The goal of the Safety Rodeo is to distribute 250+ free properly fitted helmets to children in our community who are in need of a bicycle helmet. Games, activities, helmets and three (3) free bicycle giveaways will make the Kids Safety Rodeo a must for all cycling families.

**Adaptive Cycling for all Abilities – 6/15/09 – (1 -4 p.m.) HealthSouth Rehab (3pm-6pm) – 325 Parkside Dr. 80910**

If you have a physical or mental limitation that has prevented you from getting on and enjoying the freedom of a human powered machine, this is the clinic for you. Cyclists will demonstrate how they have adapted their cycles for their specific issues. A local bike shop will demo some of the bikes commercially available and discuss custom adaptations. This clinic is limited to the first 10 registrants. Additional clinics may be added depending on demand.

**Unicycling 101 – 6/16/09 – CS West – 505 N. 30th St., 80904**

Do you remember the joy when you got your training wheels removed and you set out balancing on just two wheels? Well it may be time to relive that joy. Scrap the extra wheel, handlebars, brakes, shifters and experience the simplicity of an all wheel drive unicycle! Or, if you are an experienced mountain biker who enjoys technical trails and want to take your bike handling skills to the next level, this is the clinic for you. Check out [www.unicycle.com](http://www.unicycle.com) to get an idea of the scope of the renaissance going on in the world of unicycling. It's not just for the circus anymore!

**Kids Bike Safety – 6/17/09 – Suburban Shred – 216 N. Union Blvd., 80909**

You have kids that enjoy cycling and you want them to ride as safely as possible. With our new skate board park in Memorial Park, many kids are trying tricks and catching air with their BMX or Freestyle bikes. This clinic will cover the gear available and some of the fundamental skills used in all of the tricks.

**Sports Nutrition – 6/18/09 – Ascent Cycling – 5984 Stetson Hills Blvd., 80923**

You have ridden 40 miles and now you want to step it up. You are preparing for your first century. You plan to do a multi-day ride. You are new on a 24 hour racing team. If you fit any of the previous descriptions, this clinic is for you! We all eat and get by but how do you eat to sustain your peak performance over the duration of your ride. This clinic will cover the options and products available to keep you pedaling at your peak.

**Starlight Spectacular – 6/20/09 – Garden of the Gods Visitor Center**

Visit [www.starlightspectacular.org](http://www.starlightspectacular.org) to learn how to register for this midnight bicycle ride. Join 1500 other riders and enjoy a great band and a post-ride breakfast.

**Stages of Fitness – 6/23/09 – Bicycle Village – 2450 Montebello Square Dr., 80918 Introduction to Triathlon "Race Day"** After all the training after all the preparation it is time to race. This workshop will give the basics of what to expect on race day. Includes how to set up your transitions area, how to plan your race, and other tips to get you through your first triathlon.

**Bike Commuting – 6/24/09 – Performance Bicycles – 4284 N. Academy Blvd., 80918**

You currently drive your car to work or for errands everyday, but you have considered riding a bike as an alternative to your car? You pay for a fitness center membership or indoor home exercise equipment. You worry about the volatile price of fuel, air pollution and your health. This clinic, led by a successful and cheerful bicycle commuter, will demonstrate the gear available to make your commute a comfortable reality.

**Maintenance Basics – 6/25/09 – Bicycle Experience – 1601 S. Tejon St., 80905**

Knowing how to ride and where to ride is only half the fun; you also need to know what to do when you break down and how to avoid untimely hassles. This clinic is hands-on and will teach basic on the road bike repairs and routine bike maintenance.