Ladies only!

USA Cycling On Bike Skills Camp and basic bike maintenance seminar

Power Team Coaching and GripNRip Racing are proud to present a USA Cycling Sanctioned On Bike Skills Camp led by Certified Level II Coach and USA Cycling Skills instructor, Michael Ruder

Register online here -> www.usac.org

Class is limited to the first 16 riders

When: July 28th 2013

Time: Registration/Check-in 7:30am

Skills Camp start 8:00am

Skills Camp ends 5:pm

Where: SPIN! Pizza Lenexa. KS. 9474 Renner Blvd.

Lunch: : 12:30 @ SPIN! Pizza 20% off coin, or bring a lunch

Cost: $48.00 include one-day USAC license, insurance and service fees

Current USAC license holders will receive $5.00 back at time of clinic with proof of current license. License must be presented.

The morning On Bike Skill camp will consist of beginner and intermediate bike skills such as, straight line drills, cornering and steering, to more advanced skills such as obstacle avoidance, emergency stopping, side by side riding, and many other fun skills.

The afternoon session will begin with a bike ride then begin the level II skills portion followed by a nice group ride then on to the General Bike Maintenance Forum .

Contact: Michael Ruder
Phone: 913.523.3696
14408 S Blackfoot Drive, Olathe, Kansas
Email: PTCRuder@att.net
http://powerteamcoaching.blogspot.com/

Event will be held rain or shine.
Event held under USAC Permit # 2013-2607