



Bicycle Clinic

Oak Mountain State Park

March 6th-7th 2009

Want to try road or mountain biking? Here's your chance!

TREK WSD (Women's Specific Design) is bringing their latest and greatest bikes to Oak Mountain for demonstration. You will find something to suit your needs regardless of your skill level!

Basic Bicycle Maintenance

- Road-side repair, including fixing a flat
- Cleaning your bike
- Basic shifting.
- The WSD difference.
- Q & A

AGENDA

FRIDAY MARCH 6th:

5:00 – 7:00PM

SOCIAL GATHERING:

Wine and Cheese, Packet Pickup

SATURDAY MARCH 7th:

8:00 – 9:30AM

Cabin Pavilion– Cabin Dr.

GROUP RIDES:

Beginner and intermediate
Road or Mountain.
South Trailhead parking lot

9:00- 10:30AM

MORNING BREAK:

Coffee and Bagels
Cabin Pavilion– Cabin Dr.

10:30 – 12:30AM

WSD DEMO CLINIC:

Hands-on repair, maintenance,
question and answer session
Cabin Pavilion– Cabin Dr.

12:30 –1:30PM

GROUP YOGA:

Cabin Pavilion– Cabin Dr.

12:30 –1:30PM

LUNCH:

Cabin Pavilion– Cabin Dr.

2:00PM

GROUP RIDES:

Beginner and intermediate
Road or Mountain.
South Trailhead parking lot

Contact Information

RSVP by March 1st

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