



USA Cycling On Bike Skills Camp and General Bike Maintenance Forum

Mixed gender July 21st.

Ladies only July 28th and August 4th

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.usacycling.org

Classes limited to the first 16 riders

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 with 20% coin

Cost: \$48.00

Costs include one-day USAC license, fees, reservations and Insurance

USAC License Holders receive a \$5.00 discount. Day of event. Must show USAC current year license.

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.
No refunds or vouchers for not attending
Event held under USAC Permit # 2013