



**Shelley Marenka**  
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## **Four “Learn To Ride” Cycling Clinics**

Get your bike out of the garage and enjoy some road cycling during the spring months ☺ It’s a great way to get some training in a fun, social setting! Each clinic will end with a short ride as a group. (The group level will determine distance) Limited Space!!

Call Shelley for details & to register: 530-864-7891 or email [getonyourmark@gmail.com](mailto:getonyourmark@gmail.com)

**All clinics: Saturdays 9:30 a.m. – 12:00 p.m.**

**Fee: \$40.00 per session**

**\$35.00 when registered for 2 or more**

### **Cycling 101 - Basic Concepts Saturday**

An absolute must for the novice cyclist and a great refresher course for the more experienced cyclist. This clinic is designed to teach you fundamental skills such as shifting, braking, clipping into and out of your clipless pedals, stopping and starting, eating and drinking on the bike and more. You will learn about comfort wearing apparel, equipment and bike basics. We will do practice drills which will help you improve these skills to make you a more confident, efficient and safe rider.

### **Adventures in “Fun-damentals” - Bike Handling Skills Saturday**

Good bike handling skills are the foundation to every other cycling skill. If you would like to increase your confidence on the bike this clinic is for you. This session will improve your ability to stay in control and balanced while riding, stopping, turning and navigating in varied terrain. This will be a fun and challenging way to quickly improve your cycling foundation.

### **Adventures in Group Riding- Strategic Riding Saturday**

”The power of the pack, pace lines and echelons”...

Every cyclist, novice to experienced can benefit from riding in a group. During this clinic we will do drills and practice riding in groups, and pacelines. We will cover safety issues, riding techniques, hand and voice signals, and unique skills of riding in a group dynamic. We will discuss and practice the concepts of leading, following, holding a line, using hand and voice signals, handling traffic, and looking behind. This is a must take class for understanding how to ride predictably and safely in a group.

(Cycling 101 and Bike handling skills clinics are prerequisite to this class; or pre-approval by Coach Shelley)

**Climbing and Descending- Advanced Skills for Success on Hills      Saturday**

Would you like to climb and descend faster and safer with more confidence? Are you consistently finding yourself in the back of the pack on hill climbs? If so, you'll want to attend this clinic. Learn hill climbing strategies and walk away with renewed confidence to climb with the best.

We'll explore and practice the following skills:

- Smart pedaling, rhythm and cadence
- Correct body positioning on bike
- Shifting, gearing, and timing
- Steering and cornering
- Pacing on short and long climbs
- Climbing effort – using HR monitors and Perceived Exertion
- Ideal body weight to power ratio

**\*\*Private/small group sessions for on the bike coaching are also available.**

**Copperopolis, Angels Camp and or Jamestown will be the location(s) for the clinics. Call for details.**