



Shelley Marenka, USA Cycling Coach & Fitness Expert ❖ Phone: (209) 890-6244 ❖ Cell: (530) 864-7891
GetOnYourMARK@gmail.com ❖ www.GetOnYourMARK.com

Adventures in "Fun-damentals" - Bike Handling Skills Clinic

JUMPSTART YOUR SKILLS FOR SPRING RIDING –
JOIN COACH SHELLEY FOR AN ADVENTURE ON YOUR BIKE!

Saturday, April 10th 9:00AM - 1:00 PM (Includes FREE lunch!)

Tell your friends and receive \$10 off your clinic registration!

This clinic is held in COPPEROPOLIS- a small place, tucked away in the foothills of the California Alps! Scenic country that cyclists love! The clinic is for beginners to intermediate cyclists OR for the rider who would like to take a refresher course to gain more confidence and skills riding a bike. Weather your goal is a century ride or your first time doing a 30 mile event; you'll learn just what you need to ride successfully!

We'll cover bike safety, correct body positioning, bike balance and practice fundamental skills such as shifting, braking, gearing, smart pedaling, starting, stopping, turning and cornering to allow you to get a better feel for your bike so you can be more confident in riding.

You'll learn a variety of skills and techniques to allow you to be safer, more efficient and comfortable on the bike, all in 4 hours!

"It has been a wonderful experience making new friends that share the same interest and desire of improving in an activity we love. This has been the best 'jump-start' for my cycling season over previous years of lackluster performance and results." John W.

You can improve your ability NOW to be in control on your bike and gain self-confidence for more comfortable riding. Join us in a friendly, non-competitive environment where your biking potential will soar to new heights!

TO REGISTER and find out more details CALL COACH SHELLEY AT 209-890-6244 or 530-864-7891 or register by mail! Clinic Fee: \$65.00-Register by April 1st and save \$10! Only \$55!

Coaching clients receive discounts on Camps and Clinics.....think about it.



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There will be time for discussion and questions before and after riding. Lunch is included in this clinic. Sign up early-limited space.

CLINIC FEE: \$65.00 - Register before April 1, 2010 and Save \$10, only \$55.00!

Saturday, April 10th

9:00AM-1:00PM

(4 hours of intense learning and fun - includes lunch!)

Mail your training fees to:

Get On Your MARK
P.O. Box 1613
Murhyps, CA 95247

With the following information:

Name:	Address:
Phone:	City:
Cell:	State:
Lunch Pref: beef, chicken, vegetarian	Zip:
Email Address:	Fee Enclosed:
Type of Bicycle: road, hybrid, mtb	Event: Bike Handling Skills Clinic in Copperopolis 04-10-10