

First Annual Bike Camp - 2015 Session Schedule

Registration: Call Chad or TeamBike at: 408-545-8258

Session Date, Time & Location	Session Topic & Presenters	Session Details
Session 1 Date: Saturday, April 18 th Time: 8:30am Location: Bike Ohio	Bike Camp Overview & Bicycling Basics <i>TBD (Braun, Marn)</i>	<ul style="list-style-type: none"> • Overview of training/biking sessions • The Bicycle (selection, adjusting, parts) • Bicycling in Traffic (traffic law, changing lanes safely) • Safety protocols for group riding
Session 2 Date: Saturday, May 2 nd Time: 8:30am Location: Bike Ohio	Bike Fitting & Riding Safety <i>Bike Ohio (fit); TBD safety</i>	<ul style="list-style-type: none"> • Bike fit by Bike Ohio • Bike safety checks – Helmet fit, ABC Quick Check • Basic ride handling skills • Short training ride following handling skills
Session 3 Date: Saturday, May 9 th Time: 8:30am Location: Bike Ohio	Changing a Flat & Bicycle Maintenance <i>TBD</i>	<ul style="list-style-type: none"> • How to change a flat • Basic bike maintenance on & off road • Training ride following meeting
Session 4 Date: Saturday, May 16 th Time: 8:30am Location: Bike Ohio	Effective Riding & Nutrition/Hydration <i>TBD</i>	<ul style="list-style-type: none"> • Training techniques for better fitness, effectiveness and comfort on the bike. • Training for a major bike ride • Hydration & nutrition • Training ride following meeting
Session 5 Date: Saturday, June 23 rd Time: 8:30am Location: Bike Ohio	Ride Etiquette & Crash Avoidance/Maneuvers Camp Wrap-up <i>TBD</i>	<ul style="list-style-type: none"> • Helping motorists share the road • Avoiding crashes • Hazard avoidance maneuvers • Bike Camp wrap-up • Training ride following meeting
Session 6+ Date: Various...	Pick your goal ride: Lots of great rides, some for great causes. Plus lots of training rides / group rides around town	Major Rides Events: <ul style="list-style-type: none"> • ABC Ride (July 12) • VeloSano (July 17-19) • Sweet Corn Ride (July 26) • Ride for Miles (Sep 13)