BEGINNING BIKE SKILLS CLINIC-SUNDAY MAY 20

As many of you might know, Mike Cox has retired as the instructor of this long-running bike skills clinic. After teaching more than 700 riders how to ride more safely and have more fun on the bike, Mike has handed over the clinic to me and my assistant, Hal Danielsen. Our first clinic will be on October 10 at the same Miller-Knox Park location in Point Richmond.

I am confident that I can continue to help clinic participants learn in a fun and safe environment. After racing for the Left Coast Cyclery team for 7 years, earning a California Triple Crown, acting as a mentor for both the Early Bird Criterium Training Series and the 'Winner Within' women's racing series and becoming a USCF Coach, I feel well qualified to teach the skills covered in our clinic.

We will cover many skills during the 5 hour clinic (from 9:00am to 2:00pm), including basic handling, pedaling, braking, cornering and descending techniques, beginning paceline practice as well as offering helpful hints to further improve your skills. And while no one will be asked to attempt anything they are not comfortable doing, we will most certainly provide you with the necessary tools/instruction to perform the given tasks safely. Whether you are beginning rider, training for your first organized ride, or even considering racing, this clinic will provide a fun and supportive environment to help you expand your skill set.

The clinic is limited to 20 pre-registered riders, and it does usually fill up. Fee is $55.00 per person, and this includes (for insurance reasons) a one year, individual membership to the Grizzly Peak Cyclists. If you are already a GPC member, the fee is $45.00.

Please contact me to reserve your spot and/or ask any questions at Mer@merhal.com .

Bring your bike (of course!), helmet, warm clothes (clinic site is near the bay and can be chilly)

and some snacks. There is water and a bathroom at the site.

Miller-Knox Park is located on Dornan Drive in Point Richmond. Follow signs for Highway 580/San Rafael Bridge. Take the Canal Blvd. exit, and turn left at the end of the exit. Turn right onto W. Cutting Blvd., then left onto S. Garrard Blvd. Continue through the Ferry Point Tunnel, where the street name changes to Dornan Dr. The clinic is held in a parking lot on the right, about ½ mile past the end of the tunnel.