

ROAD BIKE SKILLS COURSE



May 24th Proper Riding Position & Turning Techniques

May 31st Memorial Day No Class

June 7th Turning, Braking, Pedal Efficiency, Road Hazards

**June 14th Climbing Hills, Descending, Headwinds
Workouts to Improve performance**

June 21st Flat Repair, Repair Kit, Co2 Cartridge, Other Fixes

June 28th Clothing, Winter Wear, Trainers, Spinning

Start Time: 6:00 PM

Location: Ambassador Fitness Center 1240 North 19th Street

Price: Free(Limited to first 15)

Each class will have 20 minutes of instruction at the Ambassador Wellness Center, 20-30 minutes on the training course at Physicians Clinic Parking Lot and 45 to 60 minutes of highway riding.

This course is for adults 20 years of age or older. Road bicycles and helmets are required. Riders should be able to ride a bike at least 10 miles comfortably.

Road bike skills course is not a class for racers but a class designed for the beginner road cyclist. The lessons and course training are designed to prevent you from having accidents on the road. This class is taught by Jim Thurman who has attended racing and training camps in Florida and has logged over 50,000 miles on road bikes and competed in over 200 races.

You may sign up by calling Thurman's Bike & Sport at 402-873-7509 or emailing at: thurmansbikesports@windstream.net

Demo bikes can be made available for this class

All participants must sign a waiver before participating

Rain dates will be made up.