



TEAM SOMERSET JUNIOR CYCLING CLINIC

Sunday, April 5, 2009

DUKE ISLAND PARK, BRIDGEWATER, NJ

- WHAT:** A cycling skills clinic designed to introduce youngsters, age 10 to 18, to the exciting sport of bicycle racing.
- WHERE:** Visitors Center, Duke Island Park, Old York Rd., Bridgewater, NJ
- WHEN:** Sunday, April 5, 2009. Registration at 9 AM, clinic begins at 9:30AM.
- REGISTRATION:** Information available on www.somersetwheelmen.com and at <http://www.bikereg.com/events/register.asp?eventid=8216>
- FORMAT:** Lectures and discussion on the skills required to participate successfully in the sport of bicycle racing. Video presentation on each of the discussed skills with a question and answer period to follow. Effingers Bicycle Shop will demonstrate how to change a flat tire on the road. After lunch students will receive a hands-on actual demonstration of the various skills and will be able to practice these skills. The clinic should wrap up around 1 PM.
- COST:** The tuition for the clinic is \$30.00 per student, which includes the price of a one-day USA Cycling Federation license, (required for insurance purposes). Parents are invited to stay for the lecture session and, if joining us for lunch, will be asked to contribute \$8.00. There will be a second, follow-up clinic on April 18, 2009 to practice skills. This second day is optional and will cost an additional \$10.00 to cover the cost of a one-day USCF license.
- STAFF:** Coaches for the clinic include Dottie Saling, former National Champion and USCF licensed coach. Joe Saling, 18 time National Champion and Senior Coach at the Walden School of Cycling in Florida and Coach at the Mike Fraysse Training Camp in Argentina. and Doug Antelman, USCF licensed coach.
- EQUIPMENT:** Each student will be required to bring a safe operating bicycle and an ANSI approved cycling helmet. For those without road bikes, there will be several demo bikes available, to enable students to experience the feel and handling of a classic road bike
- DIRECTIONS:** Duke Island Park is located on Old York Rd. in Bridgewater, NJ. Directions are listed at www.somersetcountyparks.org/information/directions/dukeislandpk.htm.
Brief directions: Take Rt 202 to Milltown Rd exit. Proceed to the end of Milltown Road. Turn Left on Old York Rd, the park entrance will be approximately ½ mile on the right.
- QUESTIONS:** Contact Joe Saling (djsaling@verizon.net) or call 908-725-3146, no calls after 9 pm please.

register online @



The Somerset Wheelmen is a non-profit organization in the state of New Jersey

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