



TEAM SOMERSET JUNIOR CYCLING CLINIC

Sunday, April 11, 2010

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 11, 2010. Registration at 9 AM, clinic begins at 9:30AM.
- REGISTRATION:** Information available on www.somersetwheelmen.com and at <https://www.bikereg.com/events/register.asp?eventid=10589>
- 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. Somerville Bike 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 \$35.00** per student, which includes lunch and a one-day USA Cycling license, (required for insurance purposes). For juniors who already have a USAC license, the fee is \$25**. Extra lunch for parents is \$8. ***Additional fee may apply for online registration.*
- STAFF:** Coaches for the clinic include Dottie Saling, former National Champion and USAC 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, Team Somerset Junior development director and USAC 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 <http://www.somersetcountyparks.org/genInfo/directions/DukeIsland.html>
- 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 (djsaling44@yahoo.com) or call 908-393-6645, 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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