



TEAM SOMERSET JUNIOR CYCLING CLINIC

Sunday, April 1, 2012

DUKE ISLAND PARK, BRIDGEWATER, NJ

- WHAT:** A cycling skills clinic designed for the both beginners and advanced junior riders (age 10-18)
- WHERE:** Visitors Center, Duke Island Park, Old York Rd., Bridgewater, NJ
- WHEN:** Sunday, April 1, 2012. Registration at 9 AM, clinic begins at 9:30AM.
- REGISTRATION:** Information available on www.somersetwheelmen.org and at <https://www.bikereg.com/Net/15515>
- FORMAT:** The clinic will be a combination of classroom training and on-the-bike riding/skills. Beginner riders will have ~ 90 min classroom training followed by outdoor instruction. Advanced riders will have a coached 90 min training ride with instruction on the ride, followed by classroom instruction for 1 hr. 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 \$10. ***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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