

# 2010 Women's Cycling Series

Empowering Women Cyclists Through Education



Looking to improve your confidence on the bike or sharpen your skills for the upcoming cycling or triathlon season?

Join us for the 8th annual Women's Cycling Series, which will cover cycling skills and techniques for riders of all levels. Each session is split into 3 divisions: Recreational, Advanced Recreational and Racing.

### When

4 Wednesdays: April 28, May 5, 12 & 19  
rain or shine.

### Schedule of Events (each session):

- 5:30 PM - Bike Check-in
- Free bicycle check-up
- Event Check-in
- 6:00 PM - Group Assignments & Stretching
- 6:30 PM - Riding Begins
- 8:00 PM - End

### Location

Alberto's Rides & Rags  
661 Central Avenue  
Highland Park, IL 60035  
847.432.0015  
www.albertoscycles.com

### Cost

\$50.00 for event series

### Registration

Advance on-site or mail payment (payable to Alberto's), send rider release form and questionnaire (available on website) to address above.

### Questions?

Contact Francine Haas at Francine@albertoscycles.com or Wendy Gaddey at Wendy@albertoscycles.com

### Sponsors

ALBERTO'S



SRAM



## Divisions : Topics

### Recreational :

- Bicycle Basics 101
- Clipless Pedals
- Basic Group Riding

### Advanced Recreational :

- Group Riding Skills
- Cornering
- Bike Handling Drills
- Climbing/Descending

### Racing :

- Group Riding Skills
- Cornering
- Bike Handling Drills
- Racing 101  
(Timetrials/Triathlons, Road Racing, Criteriums)

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### Each Division Includes:

- Gears & Shifting
- Bike Maintenance
- Bike Prep for Travel

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\* Advance Registration is strongly encouraged

USA Cycling Permit Pending

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