

ALBERTO'S

WOMEN'S CYCLING CLINIC

10th Anniversary Edition



RIDE LIKE A GIRL

May 19th from 9-2pm

(registration/check-in starts at 7:30am)

Post-clinic stretching with personal trainer

Alberto's Cycles
661 Central Ave
Highland Park, IL 60035
(847) 432-0015

Don't have a road bike or do much road riding?
No problem - bring whatever bike you have - all skill levels encouraged!

Gain experience and instruction in:

- Safe group riding
- Cornering, & other bike handling skills
- Pacelines
- How to fix a flat and keep your bike in working order

Limited Time Jersey Offer Before March 31st

10th Anniversary Edition Women's Clinic "Ride Like a Girl" Jersey

Only \$30 (\$80 value) with clinic registration before March 31st

10% of proceeds from jersey sales will support A Safe Place

(A Lake County shelter for victims of domestic violence) www.asafeplaceforhelp.org

Clinic Cost

- Only \$25!

Questions:

Contact Wendy Gaddey
(wendy@albertoscycles.com) or
Brendan George
(brendan@albertoscycles.com)

Registration

- Pre-register online before May 16th at www.bikereg.com/15549
- Day of registration accepted for a \$5 late fee, if space is available.

Running Right
ultimate endurance gear

Come Celebrate our 10th
Anniversary
Women's Cycling Clinic

Lunch
Provided

Oakley
Sunglasses

Bell Sweep Helmet

Garmin Edge 200

Raffles,
Door Prizes
and More!

Gift Certificates

Continental Tires