



Women's Cycling Clinic

Hill Climbing Clinic

When: June 30

Meet at: Oak Bank 5:45

Leader: Samantha Kaplan

Ever feel like you could use an extra boost climbing up a big hill? Samantha Kaplan will share some tips that will make climbing a little more efficient and easier. From analyzing the shape of the hill, to choosing the right gear, to getting yourself in the best position, this clinic is sure to make hill climbing more fun. This is a great clinic for all riders.

For questions please contact Amanda Pischke at amanda_pischke@yahoo.com.



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