

Seminar

Saturday, September 5th Seminar Schedule

2:00-5:30 p.m. Scheduling

Start Time	End Time	Seminar Title	Seminar Room	Speaker
2:00 pm	2:50 pm	The A-B-C's of Bicycle Maintenance	Zulu	Jack Goertz
3:00 pm	4:20 pm	Route Design on Ride with GPS	Zulu	Kent Ellis
4:30 pm	5:30 pm	Post-Ride Stretching	Zulu	Gail Morse
2:00 pm	2:50 pm	Watts up with Tandems	Fox Trot	Marcia Becker
3:30 pm	4:20 pm	Empowering Yourself as a Woman Cyclist	Fox Trot	Barbara Kornbluh
4:30 pm	5:30 pm	Recumbent Transition Workshop	Fox Trot	Dave Cardarella

Sunday, September 6th Seminar Schedule

2:00-5:00 p.m.

Start Time	End Time	Seminar Title	Seminar Room	Speaker
2:00 pm	2:50 pm	Bike Fit Feet	Zulu	Jeff Frame
3:00 pm	3:50 pm	Issues and Injuries	Zulu	Jeff Frame
4:00 pm	5:00 pm	Bicycling Anniversaries Galore: 250, 100, 50, 50, 10	Zulu	Tracy and Peter Flucke
2:00 pm	2:50 pm	Tandem Upkeep	Fox Trot	Mell Kornbluh
3:00 pm	3:50 pm	Cyclist Empowerment	Fox Trot	Barbara Kornbluh
4:00 pm	5:00 pm	MTR Sustainability	Fox Trot	Sam Waterstreet

Programming ends at 5:00 pm