



WHEAT RIDGE CYCLERY PRE-TOUR EXPERIENCE

Calling all Ride The Rockies Cyclists;
prepare yourself for the 2014 Tour!

RIDE THE ROCKIES SEMINAR

Join us to learn all the details of the 2014 Ride The Rockies Route, What to Pack and Important Nutrition Information.

WHEN

Thursday, May 15
6:30p.m. - 9:00p.m (Seminar begins at 7:00p.m.)

WHERE

Wheat Ridge Cyclery
7085 W. 38th Ave.
Wheat Ridge, CO 80033

TOPICS & SPEAKERS INCLUDE

RTR Preparation, Gear & Clothing -

- Ron Kiefel, Olympic Medalist and Owner of Wheat Ridge Cyclery

Nutrition -

- Jessica Loring, Registered Dietician

Route Review -

- Chandler Smith, Ride The Rockies Tour Director

Food and beverage provided by Maggiano's and Odell Brewing Company



MAGGIANO'S
LITTLE ITALY®

* **PLUS, Win prize items
from RTR & WRC!**



QUESTIONS

Call Jacob Luhmann at 303.954.6707
or email jluhmann@denverpost.com

WRC BIKE MAINTENANCE CLINIC

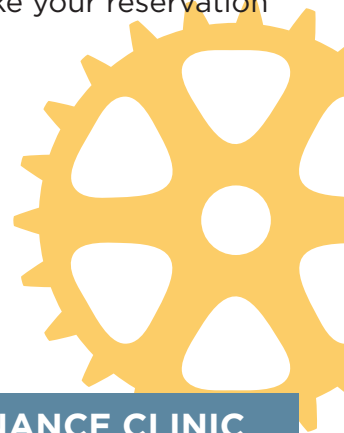
Interested in learning the basics of bike maintenance and repair? Make your reservation today!

WHEN

Friday, May 16
6:00p.m. - 7:00p.m

WHERE

Wheat Ridge Cyclery
7085 W. 38th Ave.
Wheat Ridge, CO 80033



BASIC BIKE MAINTENANCE CLINIC

Presented by Service Technician & Event Specialist, Cam Jacques of Wheat Ridge Cyclery

*Reservation is required.

**See contact information
below to register**

The clinic will cover basic bicycle equipment preparation/maintenance and will allow time for individual questions, discussion as well as hands-on learning.

Bring your bicycle for the opportunity to practice your newly learned maintenance skills!

*Wheat Ridge Cyclery will remain open following the clinic!

Please enjoy a 15% discount on all regularly priced items during the seminars! (Excludes bikes)