



Beginner Cycling Clinic

When?

July 19th—July 28th
Mon. & Wed.
5:30-6:30pm

Where?

Clinic will meet at
360 Bikes,
corner of 3rd and
Market St.,
downtown Zanesville.



Learn the basics of cycling from **Tim Rucker**, a local endurance athlete coach for Carmichael Training Systems.

Educational presentations will include:

- Bike fit
- Basic bike maintenance
- Safe riding techniques
- Bike path etiquette

On-the-bike sessions will include:

- Group Rides
- Drills to improve your confidence and control on the bike
- Training time

Participants must be 18 years of age or older to register. Any style of bike is welcome, but *a helmet is required to participate*. Helmets will be available for purchase at **360 Bikes** prior to the start of the clinic.

Cost:

- \$20 for pre-registration
- \$25 day of clinic

Registration includes:

- Four session clinic
- Free water bottle

Register at:

www.coachrucker.com

Tim Rucker is currently an Expert Coach for Carmichael Training Systems and has been with the company since 2006. He coaches runners, cyclists, and triathletes from all over the United States and around the world.

Tim has been a certified Health Fitness Specialist through the American College of Sports Medicine since 2006. He has also been a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association since 2004.

Tim has a bachelor's degree (and will soon have a master's) in Exercise Physiology from Ohio University. He is an avid runner and cyclist himself, and has had the opportunity to ride in Colorado, Vermont, North Carolina, South Carolina, Canada, and France.



Tim leading a group up Col de Madone in France.

WWW.COACHRUCKER.COM

Information on intermediate and advanced clinics is available at www.coachrucker.com

Tim Rucker
740-319-4109
trucker@coachrucker.com