

Red Lantern Events

Skill Set Series

featuring: **Greg Meeker**

W
C
C
it's
FREE
o
o
r
n
e
n
's
i
n
i
c
l
i
n
e
r
's
c
i
n
g

This is a clinic for women only. All experience levels welcome, from the non competitive to the Cat 1 racer. Every cyclist can benefit from this clinic! Come with your road bike, helmet, appropriate clothing for a possibly cool April morning, and an open mind.

Who:

Greg Meeker (U.S. National Cycling team 1974, 1975, & 1976 & founder of Capital Velo Club), the hard working staff of Red Lantern Events, and most importantly YOU! (women only)

When:

Saturday, April 24th (rain date Sun April 25th)
8:30am Registration with a 9:00am Start.

Where:

Loews Quarry Cinema 14 Movie Theater**
9201 W. 63rd St., Countryside, IL 60525
Near the intersection of LaGrange Road & 63rd St.

Why:

- Introduce yourself to other like-minded women.
- Build your confidence in the corners!
- Learn specific techniques that will make you a better bike handler.
- Expert mechanics will be on hand to check for appropriate positioning and bike fit.

How much:

It's FREE!!!

Enjoy a group ride through the western suburbs after the clinic.

**Riding Directions: Ogden Avenue to East Avenue South.
(About a mile west of First Avenue) 63rd Street is about 3 miles south. You'll see the theater on the right. About 18 miles from the loop.

For more information:
www.redlanternevents.com
Or call Kristen Meshberg @ 708-442-5086