



Savvy Bike

2018 California Clinics + Camps

<http://savvybike.eventbrite.com>

clinics@savvybike.com

(revised 10/25/2018)

No one can help you ride or race your bike better than the coaches of Savvy Bike. Since 2002, we've helped 1,000s of women and men achieve their goals of being smarter, safer, more skilled, and more confident on the bike. We've created a learning atmosphere where you'll feel comfortable and safe, and yet challenged to try something new.

Everyone can benefit from our skills clinics, whether you've been riding six months or two decades! We take the hit or miss out of the learning process to help you flatten the learning curve. It doesn't need to be difficult or painful to learn to ride or race a bike. We'll help you ride "with" your bike instead of "on" your bike. And we'll help you have fun!

By popular demand, we introduced our Bike Skills modules in 2008. We took our most popular two-day bike skills clinics and broke them down into 4-hour modules so you can focus on those skills that are most important to you.

In addition to our Bike Skills clinics, we've got our popular 2-day Bike Touring 101 trip to Pigeon Point, a new 2-day Bike Camping 101 (location tba), and four different 3-day camps (including some new women's camps).

All of our clinics and camps are co-ed except those designated as "women only."

Please note that Bike Skills 101 is the pre-requisite for our more advanced road cycling clinics.

Carmel Valley Winter Cycling Escape – March 16th – 18th

Jump-start your winter training with this weekend camp based in the beautiful Carmel Valley. With three days of road riding, you'll be on your way to your best season yet! Your registration includes accommodations at the historic Los Laureles Lodge, 2 dinners (Friday and Saturday), 2 breakfasts (Saturday and Sunday), 2 lunches (Saturday and Sunday) as well as coached rides, SAG support, educational seminars, and a relaxing afternoon at Refuge (hydro-thermal spa).

Cinderella Kick-Start Clinic (women only) – Jan 27th

Are you planning to ride the [Cinderella Classic](#) on April 8th, 2017? If so, join us for this 12-week series of progressive training rides. The series starts with a 6-hour skills clinic, combining the best skills from our Bike Skills modules, along with important information about nutrition and bike maintenance, to start you off in the right direction for a successful event.

10th Annual Alpine Altitude Adventure (aka Death Ride Training Camp) – Jun 22nd – 24th

Join us for a fun, co-ed training weekend in Markleeville, CA, home of the Death Ride. This 9th annual co-ed weekend camp is designed to help prepare participants for the rigors of endurance riding at high altitude. Based in Markleeville, CA, this camp is appropriate for Death Ride participants and others who wish to gain high altitude experience. Daily mileage options range from 25 - 85 miles. Registration fee includes camping (Friday + Saturday), a Friday skills clinic, SAG on rides, cycling nutrition, Saturday breakfast, lunch, and dinner, Sunday breakfast, and lots of fun with cool folks.

Bike Camping 101 (TBA) – Apr 21st – 22nd

Similar to Bike Touring 101, Bike Camping 101 is designed to teach you how to being Bike Camping. The focus is on camping with some off-road riding, too. We'll teach you how to pack, how to prep your bike, and what gear you'll need for an overnight camping trip. This clinic includes a two-hour seminar on the topics of equipment, bicycle choice, what to bring, how to pack, camping, cooking, safety, and choosing your route. Then, we head out for a weekend of bike camping (route & destination TBA). The next day, we pack up and return to the start. This is a fully-supported event and includes ride nutrition, dinner (Saturday) and breakfast (Sunday), SAG, and your camping registration.

Bike Skills 100 – Commuting + Urban Bicycling Skills – April 28th

Whether you'd like to learn to commute or your routes take you on city streets, this clinic is a must-do for anyone who would like to improve their urban riding. This 4-hour co-ed clinic focuses on how to navigate the road with safe and defensive riding techniques. You'll learn how to prepare your bike for urban riding, the law regarding bicycles, on-bike skills to keep you safe, and how to "drive your bike" to optimize your ability to co-exist with other road users. This clinic includes classroom and on-bike activities, including a short urban ride where you'll practice navigating different types of road scenarios.

Bike Skills 101 – Fundamental Bike Handling Skills – Feb 11th, Mar 24th, May 6th, Jun 16th, Jul 22nd, Aug 25th, Sep 30th, Nov 11th

This 4-hour co-ed clinic is the foundation of everything else you'll learn on the bike. This is the clinic where we teach the old dogs new tricks and the newbies the fundamentals. You'll learn about balance and weight distribution and how that affects your ability to ride your bike safely and confidently. We'll learn skills like riding with no hands, emergency stops, and how to look behind you while holding your line, how to steer, and counter-steer. After just four hours, we guarantee you'll be a better bike handler and have much more fun on the bike. **This clinic is a pre-requisite for all other Bike Skills road cycling clinics.**

Bike Skills 102 – Fundamental Mountain Bike Skills – TBA

It's time for a little dirty fun! We'll teach you the basics (and not-so-basics) of balance, weight distribution, and how to use the terrain to your advantage. Learn to rock, roll, hop, and jump. Master the art of steep climbs. Learn to descend with confidence and skill. After just four hours, we guarantee you'll be a better bike handler and have much more fun on the bike.

Bike Skills 103 – Fundamental Cyclocross Skills + Tactics – TBA

Have you been wondering what's all the buzz about cyclocross? It's a fun but challenging sport that's beginner-friendly and appropriate for the entire family. And best of all, it's happening at a park near you! In this four-hour clinic, you'll learn all the skills needed to get started in this incredible sport, including mounts, dismounts, and how to shoulder and carry your bike. We'll also share information about bikes & equipment, the local cyclocross racing scene, and how to train for a successful season. We'll finish off the day with a simulated race and de-brief. You'll need a mountain bike or a cyclocross bike for this clinic.

Bike Skills 201 – Climbing + Descending Skills – Feb 11th, Mar 24th, May 6th, Jun 16th, Jul 22nd, Aug 25th, Sep 30th, Nov 11th

Bike Skills 201 is a continuation of what you've learned in Bike Skills 101. What goes up must come down, right? In this 4-hour co-ed clinic, we'll teach you how to climb like a pro – seated climbs, standing climbs, short climbs, steep climbs, extended climbs. And then, we'll teach you how to come back down again, focusing on a fast straight descent, and then a technical switchback descent. Pre-requisite: Bike Skills 101.

Bike Skills 301 – Pacelines + Group Riding Skills – Mar 4th, Apr 29th, Aug 26th, Oct 14th

Wheelsucking is an art! Whether you're a racer or a recreational rider, group riding skills will help you ride longer, faster, and farther. We'll learn draft theory and basic pacelines, beginning with partner work and progressing to more complex group riding skills and introductory racing techniques. Pre-requisite: Bike Skills 101.

Bike Skills 302 – Racing Skills + Tactics – TBA

This six-hour clinic will teach you all the individual bike-handling and group riding skills you'll need to race your first (or your 10th) criterium or road race. In addition to skills & drills, you'll receive expert coaching on race preparation and logistics, and an introduction to tactics. We'll finish the day with a training race followed by a de-brief. Pre-requisite: Bike Skills 101 or equivalent experience.

Bike Skills 303 – Advanced Racing Skills + Tactics – TBA

Are you an experienced racer? Are you ready to step up your game for 2015? In this six-hour clinic we'll focus on individual bike-handling, group riding, and racing skills. In addition to skills & drills, you'll receive expert coaching on race preparation and logistics, as well as tactics (both individual and team). We'll finish the day with a training race followed by a de-brief. Register with teammates to enhance your learning! Pre-requisite: Bike Skills 101 or equivalent skills clinic, or a minimum of 10 race starts.

Bike Touring 101 (Pigeon Point) – Sep 22nd – 23rd

Have you thought about touring on your bike but don't know where to begin? We'll unravel the mysteries of supported, fully-loaded, and semi-loaded touring for you. This clinic includes a two-hour seminar on the topics of equipment, bicycle choice, what to bring, how to pack, camping, cooking, safety, and choosing your route. Then, we head out for a weekend of semi-loaded touring with a 50-mile hilly option or a 25-mile rolling option, both ending at Pigeon Point Lighthouse Hostel in Pescadero, where we'll have dinner, spend the evening, soak in the hot tub, and sleep. The next day, we pack up and return to the start. This is a fully-supported event and includes ride nutrition, dinner (Saturday) and breakfast (Sunday), SAG, and your accommodations at the hostel.

Bike Touring 201 (Pt. Reyes) – TBA

Similar to our Bike Touring 101 trip, Bike Touring 201 is a great way to learn how to tour by bike, with a bit more challenging route. This clinic includes a two-hour seminar on the topics of equipment, bicycle choice, what to bring, how to pack, camping, cooking, safety, and choosing your route. Then, we head out for a weekend of semi-loaded touring with a 50-mile moderately hilly route, starting in San Francisco and ending at Pt. Reyes Hostel, where we'll have dinner, spend the evening, and sleep. The next day, we'll have breakfast, pack up and return to San Francisco. This is a fully-supported event and includes ride nutrition, dinner (Saturday) and breakfast (Sunday), SAG, and your accommodations at the hostel.

Central Coast Women's Cycling Escape Weekend – TBA

Join us for a weekend of road cycling, wine tasting, and fun in the beautiful Central Coast of California. Details soon!

Lake Tahoe Women's Cycling Escape Weekend – TBA

Join us for a weekend of road cycling, outdoor adventure, and fun at beautiful Lake Tahoe. Details soon!