



Savvy Bike Presents: CORPORATE BIKE SKILLS CLINICS

TEAM BUILDING, SKILLS DEVELOPMENT, EMPLOYEE WELLNESS



Cycling improves the overall physical and mental health of your employees. Sponsoring a cycling program could provide your company with fewer sick days, more employees who are on-time to work and who exhibit increased productivity because of improved health, wellness, and self-esteem.

CLINIC OFFERINGS INCLUDE:

BIKE SKILLS 001: ADULT LEARN-TO-RIDE

Learn the Basics of Riding: Starting, Stopping, Balance, and Pedaling.

BIKE SKILLS 002: BASIC BIKE MAINTENANCE

Learn to Change a Flat Tire and Perform Road-Side Repairs.

BIKE SKILLS 100: URBAN RIDING SKILLS

Navigate the Road with Defensive and Safe Riding Techniques.

BIKE SKILLS 101: FUNDAMENTAL BIKE HANDLING

Learn Bike Anatomy + Physics, Steering, Cornering, Emergency Stops, Riding with One and No Hands.

BIKE SKILLS 201: CLIMBING + DESCENDING SKILLS

Learn Seated + Standing Climbs, Starting on an Up or Downhill, and Fast + Technical Descents.

BIKE SKILLS 301: PACELINES + GROUP RIDING

Learn to Ride Safely + Efficiently with Two or More Riders.

SAVVY BIKE MAKES IT EASY!

Online Registration

Individual, Group, or
Corporate Rates

Payment by Individual or
Company

All clinics are 4 hours (can be split into multiple sessions) except Bike Skills 001 (1-hour sessions), and Bike Skills 002 (2 hours)

Lorri is a masterful coach with a passion for teaching in a safe, intelligent, positive, and fun environment.

Savvy Bike has been providing skills instruction since 2002. Lorri Lee Lown, Head Coach and Bike Fit Specialist, has also coached for Sea Otter Classic, Specialized Woman Sports Camp, AthletiCamps, and the NorCal High School Mountain Bike League. Prior to her career as a cycling coach, she was a trainer for Girl Scouts USA, an instructor for the American Red Cross, an adjunct professor at Syracuse University, and a corporate trainer for Charles Schwab.

1,300 MEN AND WOMEN PARTICIPATED IN OUR PROGRAMS LAST YEAR

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