



Bike Camp Sponsors

Kzoo Swift Vintage Bicycles

League of Michigan Bicyclists

Pedal

RiverRun Press

Team Clark Logic

Village Cyclery

(KBC) Bike Camp 2018

*A training and
educational
program*

What Participants had to say:

"Bike Camp was the perfect re-introduction to cycling after a 20+ year hiatus. KBC helped me take off again on the joys of riding and group participation, so much so that now I'm a director and ride leader with KBC."

"I loved Bike Camp. It taught me how to ride safely and confidently on the roads and I now have a real passion for cycling! For anyone wanting to learn more, Bike Camp is the sure place to start."

"This was extremely well organized and complete. Everyone was so helpful and friendly. And what an economic deal!"



Why KBC Bike Camp:

- Learn how to ride a bike properly, efficiently and safely.
- Lose a few pounds.
- Find out how to make your bike more comfortable to ride.
- Create and reach a fitness goal for this summer.
- Join others with similar interests in fitness and health on a fun and exciting adventure!

To Know

- Families and individuals are all welcome at Bike Camp.
- Bring your own helmet and bike.
- Everyone must wear a helmet.
 - Each child under 18 must be accompanied by an adult.
 - Every Bike Camp participant will be required to sign a waiver of liability.

Schedule

1 Session 1 will be held on Thursday, May 10th 2018 at 6:30 pm in the Greater Kalamazoo Association of Realtors (GKAR) Auditorium located at 5830 Venture Park Drive, Kalamazoo. This Orientation meeting provides an overview of the educational and training sessions to come and will review the rules of the road and safe bike handling practices. Bikes and helmets are not needed for this session.

2 Sessions 2-5 will be held on four consecutive Saturday mornings starting May 12th at 8:30 am at the Portage YMCA, 2900 West Centre. Saturday sessions begin with bike-related activities or presentations followed by group rides suitable to the ability of each individual. Topics include bike fit, bike maintenance, nutrition, hydration, training tips, and more.

3 Session 6 offers the opportunity to participate in KBC's KalTour Bicycle Tour on Sunday, June 24th. Train toward a 12, 17, 31, 62, or 100 mile distance goal and enjoy a pleasant ride over the quiet country roads and beautiful scenery of Southwest Michigan. Your Bike Camp fee includes registration to this event (value \$25-\$45).

Included in your registration to Bike Camp is a free one-year membership to the Kalamazoo Bicycle Club (value \$25-\$35). Benefits include receiving the PedalPress, the club's monthly electronic newsletter, access to the summer-long evening and occasional weekend rides, and bike accident insurance for participants on sanctioned club rides.

Register

Individual: \$50 before May 1st or \$60 after.
Family: \$60 before May 1st or \$70 after.

For more information or to register online go to:
www.KalamazooBicycleClub.org

For questions email us at:
BikeCamp@KalamazooBicycleClub.org

