

Plan Your Sessions

Room									
Time	LL2	LL3	M114	Main Auditorium	Upper Petra	U 208	U209	Outdoors	Outdoors
10:00	Strength Training for Cyclists	Cycling Indoors as Training	A Bike For Your Life	That's How I Roll! - <i>Cycling Apps</i>	Triathlete Cycling		Everything You Wanted to Know About... But Were Afraid to Ask (Women-Specific Issues)		Simply Fix It (Fix A Flat)
11:00	BJH Trauma Services Presents: "Stop the Bleed - First Response Readiness"	Making Biking Safe and Easy in Your Neighborhood	If the Bike Fits	The Basics for Bike Touring	The World of Elite and Professional Cycling as Sport	Cycling Basics and Where to Ride	Fuel the Machine (Nutrition for Riding)	Skills for Better Bike Handling	Simply Fix It (Bike Maintenance)
1:30	Speed Dating Area Cycling Groups and Rides	Confidence for Road Riding	Spinning for Health & Fun	Going Somewhere! Adventures as a World-Touring Cyclist	First Aid on the Road	Do I Need A Coach?	Pedals, Cadence, and Gears	Skills for Better Bike Handling	
	Room Legend	LL = Lower Level	M = Main Level	U = Upper Level		Reminder: Raffle Ticket Sales ends at 2:15 pm.			

Notes: _____
