



WOMEN'S BIKING WEEKEND

TELEMARK EDUCATIONAL FOUNDATION, INC.

PARTNERS WITH



TREK

SCHEDULE EVENTS

Friday, June 13th

3:30 - 7:00 PM

Pick-up weekend packets in Telemark Lobby – *on table by the elevator!*

7:00 PM

Program Overview and Introductions – Parlor Lounge

Saturday, June 14th

8:00 AM

Breakfast in the Outpost Restaurant Alcove – included in package
Order from the limited menu!

9:00 AM

Overview of the Day's Activities – break into groups for
Various rides based on distance and difficulty. Check-out
The Trek Demo bikes for women.

10:00 AM

Ride, Ride, Ride!

1:00 PM

Lunch at the Brick House – included in package!

2:00 PM

Ride Option and Classroom Sessions – held outside or in Parlor
#1 Roadside Repair and basic maintenance – self sufficiency
#2 Preparing for an event: triathlon, charity ride, group ride, race
#3 Nutrition and hydration tips
#4 Bike fit & positioning. The WSD difference, is it right for you.

6:00 - 8:00 PM

Wine and Cheese Social Hour – Parlor Lounge
On your own for dinner.
(Don't forget to enjoy the pool, sauna and hot tub!)

Sunday, June 15th

8:00 AM

Breakfast in the Outpost Restaurant Alcove – included in package
Order from the limited menu!

9:00 AM

Choose a ride option and go ride. Bike demos available!

Noon

On your own for lunch and program closure.

Call 877-798-4718 Ext. #547 Telemark Educational Foundation, Inc. for more details and to register. Or you can download the registration form and send in your payment.