



THE DENVER POST

ridetherockies

presented by



When: Wednesday April 15th

Time: 5:30PM (Expo Opens)

Where: The Hershner Room, Wells Fargo

1700 Lincoln St., Denver 80202

First Time Rider Panel

Attention new riders! Come learn from the experts and gather the information necessary to maximize your first Ride the Rockies bike tour experience. This event will include both a diverse expo and panel presentation beginning at 6:00pm. Light appetizers and drinks will be served. Door prizes will be raffled off.



Questions?

Feel free to contact Chandler Smith at
303-954-6702

Panel focus:

- **Riding Skills**, Scott Christopher, Outreach Program Manager of Bicycle Colorado
- **Nutrition**, Jessica Loring, Registered Dietician at Swedish Medical Center
- **Training**, Rob Lockey, USA Cycling L2 Coach of Optimize Endurance
- **Tour Logistics**, Chandler Smith, Director of Ride the Rockies
- **Veteran Tips**, Bill Davis, Representative, Mavic & Hincapie

Directions:

- Enter parking garage on the west side of Sherman (between 17th and 18th Ave).
- Take elevator to the 3rd floor, cross over to the south side and enter double doors.
- Take escalator down. Hershner Room is located behind the escalator across from Tuscany Coffee.