

HALIBURTON REAL EASY RYDERS BIKE CLINIC-SUNDAY, MAY 1, 2011

DRAFT AGENDA

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| 1:00 PM -1:15 PM | MIX AND MINGLE (Jane-refreshments)   |
| 1:15 PM -1:20 PM | WELCOME AND OUTLINE OF THE DAY (Gary)  |
| 1:20 PM-1:30 PM  | PRESIDENT'S WELCOME WITH BRIEF HISTORY (Mike)  |
| 1:30 PM-2:00 PM  | SHAPE UP AND GET READY TO RIDE (Drs. Aerin Greidanus & Adam Wade)  |
|                  | (Emphasis will be on Stretching Pre/Post Ride; nutrition; and the importance of Hydration)   |
| 2:00 PM-3:15 PM  | Rotation will be every 20 minutes at the sound of the bell. There will be a total of 3 rotations with individuals choosing their interest in one of the following: |
|                  | HOW TO CHANGE A BIKE TIRE (Dave Williamson)  |
|                  | BASIC CLEANING AND MAINTENANCE (Jurrie Hoekstra and Mac Ellis)   |
|                  | DOES YOUR BIKE FIT YOU (Bert Kennedy)  |
|                  | GEAR CHANGING AND CADENCE-HOW TO MAKE YOUR RIDE AN EASIER EXPERIENCE (Mike and Pam)  |
| 3:15 PM-3:20 PM  | Membership Status & New Membership Deadline (Penny)  |
| 3:20 PM-3:25 PM  | OUR GREAT WEB SITE AND HOW IT WORKS (Doug)   |
| 3:25 PM-3:40 PM  | 2011 RIDE SCHEDULE & OUTLINE OF RISK MANAGEMENT POLICY (Mac)   |

Note: Bob Hall is to co-ordinate the "Gear Swap" table.

Please let me know on any adjustments you feel might be necessary. We should

Have the building cleared by 4:00 PM-4:15PM