

sTEAMBOAT CYCLING CLUB

STEAMBOATCYCLINGABILENE@GMAIL.COM

sTEAMboat Newsletter—Vol 2

Welcome to the 2nd sTEAMboat Cycling club newsletter. Our guest today is Chris Gescheidle, a USA Cycling Certified Coach. We plan on having Chris conduct another cycling clinic on October 8–9. Enjoy his column!

Cycling is one of my passions. OK, I admit: it's *the* passion. I'm crazy about all forms of cycling. I have bicycles on post-cards, paintings, coffee mugs, wall décor and have decorated our house so that no matter what room you're in, you see a bicycle.

I want other cyclists to feel what I feel. And I also want them to learn how to ride correctly, skillfully, and safely. That's where my unique Cycling Skills Clinics come into play.

When I became certified as a USA Cycling Certified Skills Instructor, I was lacking in some of the proper skills, too. Not only did I not have most of the advanced skills necessary to race safely, I found that I also

lacked some of the necessary basic skills used in riding. Although I was not "wet behind the ears," per se, I still had a lot to learn. I also learned that there are many coaches throughout the United States that have been preaching the guidelines of riders' safety for years. This process (certification) made me aware of the many ways I could share riding etiquette and safety.

The Cycling Skills Clinics cover the basics, yes, but I also teach cornering, obstacle avoidance, taking a drink or eating while riding, and riding close-quarters, to name a few of the skills. The Clinics are held in a parking lot and all of the drills are done within the safe confines of a venue free from traffic. The day lasts about 4 hours and at

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the end we learn some basic maintenance.

I realize that most people hear about my Clinics and think "I don't need that; I've been riding a long time." Ironically, however, I never have a student walk away saying, "I didn't need to go to that Clinic." Everyone learns something.

Chris Gescheidle is a USA Cycling certified Coach and Skills Instructor and is owner and head Coach of Athletic Volition, a coaching service that provides personal coaching for triathlon-related sports. He also specializes in Cycling Skills Clinics. For more information, email Chris: chris@athleticvolition.com

2016 Membership Dues!!

There is still time to pay your club dues. T-shirts are ready to be worn!! If you have any questions, contact Mark.

Upcoming Rides & Events:

- August 20: Vernon Burnin' Ride
- August 27-28: Hotter-n-Hell
- Sept 3: Winters Bike Ride
- Sept 10: Cowtown Classic Bike Ride
Ft. Worth
- Sept 17/18: Ft. Davis Cyclefest
- Sept 24/25: Ft. Hood Challenge
- Oct 8/9: Steamboat Cycling Clinic
- Oct 15: Mineral Wells Crazy Kicker 100

Source: *Wheelsbrothers/TxBRA*

A View on the Road!



July 4th Ride—Craig, Evan, Shane, Mike



July 16th Ride—FM 614 headed into Ovalo



Abilene's 1st bike route signs on Antilley

Fixed Gear Ashton -
State Bicycle Co.



This is definitely a
road bike!



2016 Tour de Gap

The 34th Annual Tour de Gap in Buffalo Gap was another successful event and starting this year it benefitted Big Brothers/Big Sisters of Abilene. We want to give a big thanks to Jim & Kelly MacDonald of Bike Town for their many years of making this a premier ride here in West Central Texas. Next year is the **35th Annual Tour de Gap** and Jim & Kelly will be passing off a lot of their responsibilities to BBBS and also Bill Minter & Mark Spurlock will become Co-Directors of the Tour de Gap.

