

ALBANY YMCA BIKE CAMP

General Information

Pedaling Along is a bicycle camp for campers who are proficient at riding a bicycle (i.e., they know how to ride a bike and have good control), but have limited or no experience riding on the streets or with a group. Participants learn simple bicycle maintenance, rules of the road, traffic laws, conditioning, diet, and other aspects of cycling. Our veteran staff members always lead the ride, and follow at the end of the group. Each day is very physically challenging; it is strongly recommended that participants keep evening activities to a minimum: a good dinner, shower, and sleep.

All camps (except Beginning Mountain Biking – see description) require a 15-21 speed, high-quality street bicycle. If a camper comes to camp with an inadequate bicycle, s/he will not be able to participate in this camp. Also, all cyclists are required to have helmets and riding gloves. All bikes must be safety inspected by a certified mechanic.

Bike Camp 1

Entering grades 4 - 9

Session Dates:	June 28 – July 2	\$250
	July 12 – 16	\$250
	August 2 - 6	\$250

The perfect place to start for those who are confident riding a bicycle, but who have limited street-riding experience or who haven't ridden in a while. During this week, we introduce the skills needed to learn how to bicycle effectively and to go from a beginning to intermediate level of riding. Participants will learn how to change gears, ride with a group, and obey traffic laws. There is plenty of time the first day to practice skills before venturing onto the streets in the Berkeley and Albany area. Routes are mostly flat with intermediate level hills and cover 10-25 miles a day (depending on the abilities of the group).

Bike Camp 2

Entering grades 5 - 9

Session Dates:	July 12 – 23	\$250
	August 9 – 13	\$250

This camp is a fine start for more experienced riders, or for those who have done Bike Camp 1. The focus of the week is using a bicycle as a means of transportation. Riders learn pacing in *order to ride more intermediate and longer rides (20-35 miles a day) with hill climbing. Daily rides include trips into Berkeley, Richmond, Piedmont, Oakland, and perhaps San Francisco, if all riders are ready.*

Beginning Mountain Biking

Entering grades 6 - 11

Session Dates:	July 26 – 30	\$250
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Prerequisite: Bike Camp 2 or instructor approval.

Required: Mountain bike or all-terrain bike with mountain bike tires.

A week of mountain bike riding dedicated to developing safe, healthy skills to help riders venture out into nature with confidence. Learn to ride well on our local trails through preparation, skills building, and smart decision-making. Learn how to approach different surfaces and obstacles through planning, power, and timing to ensure success.

To register sign up at the Albany YMCA, 921 Kains Ave. For more information log on to www.baymca.org/albany or call 525-1130.

