Bike Clinic Will Educate Local Riders

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Brianna Gibbs/KMXT

As the temperature hopefully starts warming up in the next few weeks, some folks might take to Kodiak’s roads on two wheels, rather than four. For those looking to get some biking in this year, be it recreationally, or simply to get from point A to point B, there will be a community bike clinic on Saturday at Bayside Fire Station.

Sandra West is a certified bike instructor from the League of American Bicyclists and said Saturday’s workshop will help the island’s cycling enthusiasts in all matters of the sport.

“Choosing a bike, fitting a bike to you, so that you are more comfortable riding your bike. We’re going to go over some basics mechanics and maintenance. We’re going to talk about how to change a tire, which is the most common maintenance need.”

The clinic will also provide tips and tricks for handling bikes on different terrain, including roads with lots of pot holes – something we here in Kodiak are all too familiar with.

“These little tricks probably mountain bikers know, but more than half of all bicycle crashes are due to pot holes or hazards on the road and these handling techniques are really cool for avoiding hazards on the road. Very helpful.”

The clinic will also cover traffic rules for bikers, including how to change lanes on the road and make themselves more visible to vehicles.

Tom Pogson is also a certified bike instructor and said the event costs $20 and will run from 8 a.m. until 5 p.m.

“It’s a fabulous amount of knowledge and it’s exciting and fun and there’s some really cool maneuvers to do out in the parking lot and just some things that you never imagined you could do on a bike that are pretty easy if you know the right techniques.”

The same course costs $50 in Anchorage, and West joked that folks are getting the Kodiak discount by participating on Saturday. People will need to bring their own bike, lunch, water, rain gear and a notepad if they’d like.

A similar workshop will be held for kids 14-years-old and younger on May 31 in conjunction with the Bike Rodeo. West said those who participate on Saturday and then help out with the rodeo next month will get their $20 fee reimbursed.