

Seminar Schedule - 2018 Philadelphia Bike Expo

Saturday, October 27, 2018

Time	Room 123	Room 124	Room 125
10:30AM - 11:30AM		<p>Connecting the Circuit in Delaware County: Darby Creek Trail, Chester Creek Trail, East Coast Greenway and More Presented by Bicycle Coalition of Greater Philadelphia</p>	<p>Bike Co-ops and their role in the community Presented by: Alex Harris, Eugene Cain, Laura Wilburn, Matthew Mendez and Norman Lazarus</p>
12:00PM - 1:00PM	<p>The Importance and Value of Professional, Hand-built Wheels Presented by Bill Mould, Spokes Etc. Bicycles</p>	<p>E-bikes and Other Emerging Technologies: A Look at the Disruption That's Headed for Alternative Transportation Moderated by: Leonard Bonarek, Panelists: Paul Basken, Kimberley Bezak, Enrico Frisón</p>	<p>The Comeback: Greg LeMond, the True King of American Cycling, and a Legendary Tour de France Presented by Daniel de Visé</p>
1:30PM - 2:30PM	<p>Yoga for Cyclists Presented by Ruchama Bilenky, Certified Yoga Instructor and Therapist.</p>	<p>Bicycle Crafting – balancing the tried and trued with new trends. A discussion with bike builder Steve Potts</p>	<p>How a Professional Mechanic Can Help You Presented by James Stanfill, President – Professional Bicycle Mechanics Association</p>
3:00PM - 4:00PM	<p>Secrets to riding tandem almost 200,000 miles Presented by Mel and Barbara Kornbluh, Tandems East and Evelyn Hill Cycling</p>	<p>The Business Of Cycling Culture in the Urban Space Moderator: Kurt Boone, Messenger 841 Project. Panelists: Jeff Scully, President Ortlieb Waterproof; Daryl Slater, Brand Manager, Kryponite; JC Ramirez, Marketing, Cyclone Bicycle Supply; Kevin Bolger, Founder Cyclehawk</p>	<p>Saddle Pressure and Pelvic Support Presented by Isaac Denham, Befitting Bicycles</p>
4:30PM - 5:30PM	<p>Framebuilders: trend setters or followers? Do what the market does or hold a line in the sand Moderated by Drew Guldalian, Engin Cycles. Panelists: Alec White, White Industries; Bryan Hollingsworth, Royal H Cycles; Joe Roggenbuck, Cobra Frames; Joe Breeze, Breezer Bikes; Peter Olivetti, Olivetti Bicycles</p>	<p>Know Your Cycling Rights Presented by Bike Law PA attorney Joseph Piscitello, Piscitello Law</p>	<p>History of Fat City Cycles Presented by Chris Chance, Fat Chance Bikes</p>

Sunday, October 28, 2018

Time	Room 123	Room 124	Room 125
10:30AM - 11:30AM		The Integrated Bicycle Presented by Johnny Coast, Coast Cycles; Brian Chapman, Chapman Cycles and Mitch Pryor, MAP Bicycles	Try to Tri: How to transition from cyclist to triathlete Presented by John Kenny, Isabella de la Houssaye, Ed Chang and Paul Daniels
12:00PM - 1:00PM		Keep your life – how to train for your weekend bike racer alter ego Presented by Selene Yeager, Fit Chick at Bicycling	Bicycle Collecting: thoughts and perspectives with a vignette of the origins of the Cinelli brand Presented by Steven Maasland
1:30PM - 2:30PM	Yoga for Cyclists Presented by Ruchama Bilenky, Certified Yoga Instructor and Therapist.	How to stuff your stuff into your stuff: A bike packing presentation by @ultraromance; Hillary Washburn, Ortlieb USA; and Martina Brimmer, Swift Industries	Advocate Training: Becoming a Champion for Cyclists in Your Neighborhood & Region Presented by: Brenda Hernandez-Torres and Randy LoBasso, Bicycle Coalition of Greater Philadelphia
3:00PM - 4:00PM		The Year of Cycling Dangerously: Africa from top to tip in 1938. The remarkable ride of Douglas Carr of Ingersoll, Ontario Presented by David Herlihy, author of “The Lost Cyclist”	Are Your Insides on Fire? How athletes can reduce inflammation so they train better, recover faster and age gracefully Presented by Joanna K Chodorowska

Demo Schedule, Saturday and Sunday - 2018 Philadelphia Bike Expo

Time	Demo Area: Booths 1076-1079
10:30AM - 11:30AM	Wheel Building - Presented by Jessica Brousseau from bikeroom.ca
12:00PM - 1:00PM	Earth vs the Bike Thieves - Presented by Trophy Bikes.
1:30PM - 2:30PM	Bike Fitting - Presented by Happy Freedman, Bike Fitting Specialist, HSS Department of Rehabilitation, Prosthetics & Orthotics