

## Seminar Schedule - 2019 Philadelphia Bike Expo

**Saturday, November 2, 2019**

Time	Room I	Room II	Room III	Room IV
10:30AM - 11:30AM	<b>Savvy Cycling on Philly Streets</b> Presented by John Allen & Pamela Murray, CyclingSavvy Instructors	<b>Philly Bike Expo Inclusivity Scholarship: Meet the builders</b> Moderated by Eileen Mulry and Taylor Kuyk-White Builders: Julie Ann Pedalino - Pedalino Bicycles, Jackie Mautner - Untitled Cycles, Danielle Schön - Schön Studio, Megan Dean - Moth Attack	<b>How Women Lead The Suburban Bike Movement</b> Moderator: Anne Gordon Panelists: Kimberley Bezak, Alicia Fields-Murphy, Rebecca Kreck, Josie Marsh and Alexandria Schneider	<b>The Survey of U.S. Framebuilders: Preliminary Results</b> Presented by Benjamin Brewer
12:00PM - 1:00PM		<b>First fully sponsored US Team to ride a stage race in Europe</b> Presented by Bill Humphreys	<b>Intro to Triathlon</b> Presented by Lee Caparas, Ed Chang, Laurie Hug, Bill Hauser and Dave Michener	<b>Saddle Pressure Mapping</b> Presented by Isaac Denham
1:30PM - 2:30PM	<b>Yoga for Cyclists</b> Presented by Ruchama Bilenky, Certified Yoga Instructor and Therapist	<b>Preparing for Long-Distance and Randonneuring Rides on Tandem</b> Presented by Mary Gersema & Ed Felker and Pat & Cecily Gaffney	<b>Training and Racing with Power</b> Panelists: Lori Barrett, Dan Chabanov, Samantha Fox and Nate Keck. Moderated by Ed Chang	<b>SRAM eTap AXS Tech Clinic</b> Presented by Brook Fowler, SRAM
3:00PM - 4:00PM	<b>Are Women Specific Bicycles Really Necessary?</b> Presented by Georgena Terry, Anne Barnes, Cathy Schnaubelt Rogers, Craig Calfee and Samantha Hart	<b>Greg LeMond: The Greatest Comeback in Sports History?</b> Presented by Daniel de Visé	<b>Don't quit your job: take it with you!</b> Presented by Jonathan Hine	<b>Tire Ted Talks</b> Presented by @ultraromance; Nathan Swanson, WTB and Andrew Batchelar, Schwalbe Tires
4:30PM - 5:30PM	<b>Chamois Talk</b> Presented by Anne Barnes and Victoria Edwards.	<b>Visualizing Cycling Trends with Bike Insights</b> Presented by Dan Stroud and Zach Hale	<b>The American hand-builder explosion of the 1970's</b> Presented by Richard Schwinn, Mark Nobilette, Tom Ritchey and Chris Chance	<b>Advocate Training: Becoming a Champion for Cyclists in Your Neighborhood and Region</b> - Presented by Brenda Hernandez-Torres, Randy LoBasso and Leonard Bonarek

**Sunday, November 3, 2019**

Time	Room I	Room II	Room III	Room IV
10:30AM - 11:30AM		<b>Motherload Movie</b> Directed by Liz Canning - Sponsored by BCGP	<b>Gettin' Gritty with NICA! Kids and Dirt: Change Agents of Cycling</b>	<b>Pittsburgh to DC - Adventures on the GAP Trail</b> - Presented by Mark Norstad, Drew Guldalian, and Gary Helfrich
12:00PM - 1:00PM	<b>In Conversation With Brad Quartuccio</b> Presented by Kurt Boone and Brad Quartuccio		<b>Bike Fit Panel: There's No App For That</b> - Panelists: Anne Barnes, Danny Singles, Happy Freedman, Isaac Denham, Steven LeBoyer and Victoria Edwards	<b>Representation Matters</b> Presented by Ayesha McGowan
1:30PM - 2:30PM	<b>Yoga for Cyclists</b> Presented by Ruchama Bilenky, Certified Yoga Instructor and Therapist	<b>Finance/ Bookkeeping 101 for Small Business Owners</b> Presented by Hazel Gross	<b>The 70's road bike revisited – affordable fun for road, path, or smooth dirt</b> Presented by Mike Kone	<b>Advanced Manufacturing for Framebuilding</b> Presented by Julie Ann Pedalino, Pedalino Bicycles and Drew Guldalian, Engin Cycles
3:00PM - 4:00PM		<b>How to Create a Biking Revolution</b> Presented by Pamela Murray	<b>WTF Bikexplorers Reportback and Discussion</b> Presented by Tenzin Namdol	<b>HOW TO BE A MODERATELY SUCCESSFUL BIKE YOUTUBER with PathLessPedaled!</b> Presented by Russ Roca and Laura Crawford

**Demo Schedule, Saturday and Sunday - 2019 Philadelphia Bike Expo**

Time	Demo Area: Adjacent to booth 3005 (food court seating area)
10:30AM - 11:30AM	<b>Yoga Poses for Pre/Post Ride</b> Presented by Ruchama Bilenky, Certified Yoga Instructor and Therapist
12:00PM - 1:00PM	<b>Earth vs the Bike Thieves</b> - Presented by Trophy Bikes
1:30PM - 2:30PM	<b>Wheel Building</b> - Presented by Jessica Brousseau and Velocity USA
3:00PM - 4:00PM	<b>Bike Fitting</b> - Presented by Happy Freedman, Hospital for Special Surgery

## Clinic Schedule, Saturday and Sunday - 2019 Philadelphia Bike Expo

Time	Clinic Area: Adjacent to test track
11:00AM	<b>The League of American Bicyclists Mini course Youth Cycling 123</b> Presented by Brian Canevari LCI 2251 Saturday only
2:00PM	<b>Tape to Tape</b> - Presented by Jenna Latour-Nichols