

Seminar and Demo Schedule - 2022 Philadelphia Bike Expo

Saturday, October 29th, 2022 Seminar Rooms located on ground level in hallway behind bike valet Demos located upstairs in the exhibit hall in booth 1900, near food court Kid's Arena located upstairs in the exhibit hall behind booth 3710	
10:30AM - 11:30AM	The Secrets to Better Hill Climbing Presented by Brian Williams - Room 123
	Riding Philly Streets Presented by John Allen - Room 124
	MTB history series – Origins and design evolution of the Mountain Bike: Part 1 Presented by Tasshi Dennis - Room 125
	Ride for Racial Justice Q&A Presented by Olivia Franke & Ajoa Abrokwa - Demo Area, Booth 1900
12:00PM - 1:00PM	Yoga for Cyclists Presented by Ruchama Bilenky - Room 122A
	Is Steel the Greenest? Presented by Martin Shepherd - Room 123
	Cycling inclusivity and diversity: How can cycling bring us together? Presented by Malaku Mekonnen, Habib Faye, Joe Piscitello - Room 124
	An in depth look at Shimano 12 speed Road groups Presented by Chris Denoma and Chris Yankopoulos - Room 125
	SRAM Brakes – How to Properly Bleed the Bleeding Edge System Presented by Ed Nasjleti – Retail Specialist, SRAM, Brook Fowler – Road Communication Specialist, SRAM - Demo Area, Booth 1900
1:30PM - 2:30PM	Concours de Machines / MACHINE'S CONTEST Presented by Marek Parajka, Arko Bici Room 123
	Bikepacking our Backyard: Training and touring in the Philly region Presented by Ruby Gertz, Nick Marzano, Woody Felice, Ryan Stanis - Room 124
	Coaching 101- How recreational athletes and elite competitors can benefit from a structured training plan Presented by Jerry Jacobs, Rick Sorensen, Jahiem Williams - Room 125
	Meet my Rivendell Betty Foy – my daily drive : How to set up your bike for everyday use like your car Presented by Pamela Murray - Demo Area, Booth 1900
	Tinkering for Tots Presented by Marzhel Pinto, Pro Mechanic - Kid's Arena
3:00PM - 4:00PM	Know your Cycling Rights Presented by Joe Piscitello, Piscitello Law - Room 123
	Bosch eBike Systems Presented by Stephen Proffitt, Colby Weber - Room 124
	Bike Fit and the Myth of the Women's Bike Presented by Victoria Edwards, Befitting Bicycles - Room 125
	Bike Fitting Demo Presented by Happy Freedman, Director, The Center for Bike Fit - Demo Area, Booth 1900
	Learn how to wheelie with DBLOCKS! - Kid's Arena
4:30PM - 5:30PM	All About Disc brakes Presented by Ed Nasjleti – Retail Specialist, SRAM Room 123
	Bicycle Geometry for the Designer and Rider Presented by Peter Verdone - Room 124
	MTB history series – Origins and design evolution of the Mountain Bike: Part 2 Presented by Gary Helfrich - Room 125

Sunday, October 30th, 2022

10:30AM - 11:30AM	2022 International Women's Day Together We Ride: A Ride for Equality, Inclusion and Positive Social Change Presented by Dawn Piech, Celeste Adams - Room 123
	Tri and Du It! Panelists: Ed Chang, Reggie Waller, Andrea Berger, Kathleen Medley and Saadiq Stewart - Room 124
	Retracing the 1897 Expedition of the Buffalo Soldiers Bicycle Corps Presented by Erick Cedeño, aka Bicycle Nomad - Room 125
	SRAM Brakes – How to Properly Bleed the Bleeding Edge System Presented by Ed Nasjleti – Retail Specialist, SRAM, Brook Fowler – Road Communication Specialist, SRAM - Demo Area, Booth 1900
12:00PM - 1:00PM	Yoga for Cyclists Presented by Ruchama Bilenky - Room 122A
	We roll on two wheels – latest tech and old school wisdom Panelists: Ricky Muehl, AKA @shaquille_owheel_official, Loren Mason-Gere, Chris McCown. Moderated by Bill Mould - Room 123
	Advancing Access for All: DCNR's E-bike Policy Presented by Nicole Faraguna - Room 124
	An in depth look at Shimano 12 speed Road groups Presented by Chris Denoma and Chris Yankopoulos - Room 125
	Basic Bike Maintenance for Kids 8 - 80 Presented by Marzhel Pinto, Pro Mechanic - Kid's Arena
1:30PM - 2:30PM	Urban mobility, the e-bike boom, and what's at stake – a graduate design thesis Presented by Noah Wangerin - Room 123
	Ultra Romance Ted Talk Presented by Ronnie Romance - Room 124
	MTB history series – Origins and design evolution of the Mountain Bike: Part 3 Presented by Drew Guldalian, Gary Helfrich - Room 125
	Ask a Pro Mechanic Anything Presented by Marzhel Pinto, Pro Mechanic - Demo Area, Booth 1900
	Dom Fixes Bikes - Kid's Arena
3:00PM - 4:00PM	Bike Fitting: not just for bike racers Presented by Happy Freedman, Anne Barnes and Geoff Hull Moderated by Dr. James Watkins - Room 123
	Adaptive Cycling – Making Bikes Accessible For All Presented by Daniel Horne - Room 124
	A Monumental Travesty: Vive Pierre Lallement! Presented by David Herlihy - Room 125

Rides

Ride to PBE22 Saturday Oct. 29th, 7:30AM Leaving from the Ellen Phillips Samuel Memorial
PBE Squad Saturday Stroll Saturday Oct. 29th, Meet at 7:45am, roll at 8:00am. Leaving from the Schuylkill Banks Pergola (aka the Trellis)
BROMMIE BREAKFAST ROLL RETURNS Saturday Oct. 29th, Meet at 8:30, leave at 9:00 Location: 30th Street Station
Ride to the Philly Bike Expo w/Keswick Cycle Saturday Oct. 29th, 9:00AM Leaving from Keswick Cycle's Glenside Shop (408 North Easton Road Glenside, PA)
Ride with CyclingSavvy to Keystone Bike Party Saturday Oct. 29th, Roll at 7:00pm - Meet at the Convention Center after the expo
PBE Squad Mixed Terrain Ride Sunday Oct. 30th, 7:15AM Meet at the Art Museum Steps
Coffee Outside: Philly Bike Expo Edition Sunday Oct. 30th, 8:30AM Meet at Lemon Hill, Fairmount Park at the covered pavilion