

Learn to Race – Bicycle Handling Skills Clinic

Saturday, May 21st, 2011.

Union Gas office
520 Thompson Rd.
Cobourg

10:00 AM Start – approximately 4 hours

Coach: Greg Cushing
NCCP Level 2

Agenda

Introduction

Watch training video

Discussion and indoor theory

Dryland training (walk through in running shoes)

Slow paced echelon/pace line work

Cornering – picking the right line

Bunny hops – avoiding obstacles

Obstacle course challenge – slow loops around a small set of challenges

Group ride – depending on weather and group timing (this will be about 2 hrs)

Those interested please contact Greg for further details.

Tel: 905 372 8571 or email psychlecentaur@sympatico.ca

Required:

CCC Membership (no sign up day of)

Bring running shoes for Dryland portion

Food and drink for yourself

Wet weather gear

HELMET

Gloves

Allow at least 2 hours a group ride afterward if interested.