

# Monday Night Training Rides with the Regina Cycle Club

## Come out and learn:

- bike handling skills (braking, cornering, gear selection, climbing, descending, balance, etc.),
- group riding skills (pace lines, echelons, etc.),
- training intervals.

Rides will be held on Monday evenings, from 6:30 to about 8 PM from May 3<sup>rd</sup> until June 28<sup>th</sup> (excluding May 24<sup>th</sup>).

These rides are geared for riders of all ages who may not yet be totally comfortable on their road/tri bikes.

The rides are instructed by a NCCP Level III cycling coach.

The cost is \$40 which covers your membership in the SCA and Regina Cycling Club.

For more information contact:

Sean at 569-3265 or [kukura@sasktel.net](mailto:kukura@sasktel.net)



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