

Womens Track Cycling Program



EXPERIENCE THE THRILL OF TRACK CYCLING!

What: 5 Week Womens Track Cycling Program

When: Tuesdays nights 7pm-8:30pm beginning Feb. 25th(no session March 11th)

Who: Women of any riding level: Beginner, Intermediate and Advanced

Equipment: Track bikes are available, just bring your cycling clothes, helmet and pedals

Cost: \$60 for new riders, \$5 per session for certified track riders

Contact: Jeff Hopkins, jeff@dicklanevelodrome.com 404 769 0012

Back for 2014 the Dick Lane Velodrome will be running a 5 week Womens Training Program on Tuesday nights starting on the 25th of February and running through the first Tuesday race night on the 1st of April. This program is aimed at any woman of any track cycling level. We will have specific skills, drills and workouts that will suit everyone from beginners, through advanced track cyclists. The 5 week class will also serve as a beginners certification for those women who are new to the track. We are expecting to split each session into 3 groups, Beginner, Intermediate and Advanced with each group working on ability -specific skills during each of the sessions.

