



# 4 Life Tri Club

## Sunday Training Rides

The following training rides will take place on the dates indicated below.

All rides will commence from East Leake Leisure Centre.

'Endurance' rides will set off at 8am, all other rides at 9 or 10am.

Some groups may need to split because of numbers or differing abilities.

Full details of each ride, along with a sign-up sheet will be posted at East Leake Leisure Centre in advance of the relevant date.

Date	Approximate Distances			
	Endurance	Olympic	Sprint	Casual
6 <sup>th</sup> April	70	20-25	15-20	10-15
18 <sup>th</sup> May	80	20-25	15-20	10-15
15 <sup>th</sup> June	90	25-30	20-25	10-15
6 <sup>th</sup> July	100	25-30	20-25	10-15
10 <sup>th</sup> August	120	25-30	20-25	10-15

All members wishing to participate in a Training Ride should sign up in advance. One rider in each group will be required to lead the group and will be provided with a suggested route. The leaders role is to co-ordinate the group, not to coach and the leader is not responsible for the group. Every rider is responsible for his or her own safety and behaviour. Juniors must be supervised by a competent adult.

**Please note:** These rides are not coached. You will need the following with you (minimum): Roadworthy bike, Approved cycle helmet, Spare Inner tubes, Pump, Nutrition (for the ride and some spare....Gels, energy bars, fruit etc), Water bottles (preferably two, one containing water, one containing an energy drink), Clothing suitable for the conditions and a mobile telephone containing an ICE Number.