



4 Life Tri Club -

New Training Session

9:00am Sunday 10th April 2011

East Leake Leisure Centre

Adult Group Cycle and Workshop



This session is aimed at riders who are **new to group riding** and would like to improve their knowledge in this aspect of cycling. The speed of the **groups** will be determined by the slowest rider. (approx distance 20 – 25 miles). Finish approx 11am

No rider will will get left behind!

Please bring a pump, 2 x spare inner tubes, 2 x tyre levers, small tool kit, water bottle a snack bar and appropriate clothing – check the weather forecast!

