

Leongatha Cycling Club Inc.

TRACK SEASON 2017/8

<http://www.leongathacycling.com/>

email: leongathacc@gmail.com

Leongatha Cycling Club is seeking NEW riders for the 2017/2018 Track Season

- *No experience necessary*
- *Seniors and Juniors welcome*
- *Club bikes available for seasons use*



If interested please attend our Track Preparation Night

Presented by Cycling Coach
Tony Smith

Thursday 12th October 2017, 7.00pm to 9.00pm

@ Leongatha Netball Assoc. Clubrooms, Leongatha Recreational Reserve

Topics: Diets, Bike Setup, Training, Exercise, Stretching, Watt Bike, Mag Trainer, Rollers

**RSPV Tony
By Monday 9th October
Mobile 0408 333 037**

Track Training starts

Wednesday 18th October @ 6:30pm
(Arrive 6:00)

Track Racing starts

Friday 3rd November @ 6:30pm
(Arrive 6:00)

