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Thank you for signing up for the learn to race program. It will be a fun and social time while working on bike skills and exerting some energy. Here are the details:

- **Session 1: May 28 from 6:30 to 8:30 pm**
 - Meeting Location: Meet across the street from 57 Aspen Hills Dr. SW, there is street parking
- **Session 2: June 1 from 10:00 am to 12:00 pm**
 - Meeting Location: Meet across the street from 57 Aspen Hills Dr. SW, there is street parking
- **Session 3: June 4 from 6:30 to 8:30 pm** (may change once [Midweek Mayheim](#) times are posted)
 - Meeting Location: 11150 38 St. SE ([link](#))
 - Street parking is available on 112 and 110 avenues.
 - We are doing a practice race, the Midweek Mayheim Crit
- **Session 4: June 6 from 6:30 to 8:30 pm.**
 - Meeting Location: Meet across the street from 57 Aspen Hills Dr. SW, there is street parking
- Race Details: Rundle Mountain Stage Race – [link to register](#)
- On Site Coach: Petrina Tulissi – 416-458-6859

Equipment - Please bring the following with you:

- Bike that has been tuned up and is clean
- Saddle bag with spare tube, tire levers, and inflation device
- Helmet
- Sunglasses
- Riding attire – jersey, shorts, shoes, etc.
- Warm Clothing – we will not be working up a sweat on the first session so please bring a winter jacket and winter mitts, just in case it is chilly
- Water bottles with water and snacks
- Enthusiasm and a smile!

In case the weather turns and becomes un-rideable (rain, cold, smoke, etc.) we will send out an e-mail no later than 4 hours before the session starts and will make up the session on another day.

Have Fun!

ROAD

