



Come Out and Try The Track

We at **CBTL** think that riding and racing on the track are a lot of fun. We'd like others to share our sport so we make it easy for you to try track cycling at no cost and no risk - except that you might love it as much as we do.

We're inviting riders who haven't been a member of **CBTL** in the past to come out and **Try The Track** at our learn to ride clinics. You bring yourself, a bike helmet, shorts, running shoes (or cycling shoes and matching pedals if you have them) and a positive attitude. We provide the bikes, the instruction and a group of similarly minded people that you can ride with.

We'll be offering **Try The Track** sessions **every Monday at 6:00 PM** (weather permitting - we can't use the track in the rain).

Our sessions will normally be led by our track managers, Eric Smith, Nicolas Andrichuk and Danielle Kenny, three experienced young track racers who are in their second year of leading these sessions.

Once you've completed the **Try The Track** program, you can choose to join **CBTL** and take advantage of all of our training and racing programs. When you complete the **Try The Track** program, you may not feel ready to race. So, just talk with the track managers about how you can continue to use the track to develop your skills or just train. If you don't want to race or want to be better prepared for your racing, the track managers can suggest ways to spend more time on the track doing something more than just riding in counter-clockwise circles.

If you are interested in joining one of these sessions or would like to learn more about our programs, please contact trackmanager@cbtl.ca for more information. There is a bit of paperwork and the registration form is in the forms section of the site. We have copies at the track but you can save a few minutes by completing the form beforehand.

Come on out. We'd love to see you at the track!