



TRACK SEASON 2013/2014 TRACK TRAINING FOR SENIORS TUESDAY NIGHTS

**WCC Velodrome
6:30pm – 9pm (approx)
Commencing October 8th**

Looking to develop your track legs for the Christmas carnivals, Saturday nights at DISC, the up coming Australian Championships in Melbourne or the Omnium Championships?

Come along and train with like minded trackies and practice:

- gate starts
- race tactics
- sprinting
- time trials and persuiting

An Australian standard helmet is compulsory and all participants must have a current Cycling Australia licence:

All participants must register with the track coordinator before use and fill out the track registration book, show your CV registration and pay the session fee before entering the velodrome.

COST: \$5 per session

For more information, Contact Brett on 0478 606 646 or visit our webpages.

