

CYCLING CLASSES

at the AACIL



GETTING STARTED

Learn how to “Get Started” in adapted cycling. Check out the styles of handcycles and tricycles available for your use. Get fitted now to be ready to go at future classes and rides! Come ready for a short ride to find the right cycle for you.

Saturday, March 24, 2007 from 10:30 am to noon
At the AACIL, 2568 Packard Road, Ann Arbor

Future classes in the series:
March 31—Riding safely
April 28—Cycle maintenance
May 5—Training for racing
May 19—Training for recreation
June 2—Nutrition
Group rides to follow the classes!



Sponsored by:



For info or to register contact:

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