



# **TRACK SEASON 2012/2013 TRACK TRAINING FOR SENIORS – BEGINNERS GROUP**

**WCC Velodrome  
5.00 – 7.00pm  
October 8th, 15th, 22nd & 29th**

If you are new to track this season or are keen to take part in track this season come to the beginner's sessions where you can learn the basic skills and rules required to ride on the track.

No experience required.

Minimum recreational licence is required.  
COST: \$5 per session

A limited number of Track bikes are available for hire for seniors from WCC at \$10 per session - bookings required. Participants are required to bring their own pedals, an Australian standard helmet, Victorian Cycling licence and wear cycling appropriate clothing.

CO-ORDINATOR: Clint Wilson

For more information, Contact Mariah 0422 431 465 or visit our webpages.

