



## MONDAY NIGHT INTRODUCTORY TRACK SESSIONS

**Dates:** May 25, June 1, June 8; June 29, July 6, July 13

(Rain/Wet Track/Special Events Cancel – check

[www.ridethetrack.com/calendar](http://www.ridethetrack.com/calendar) for latest info)

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**When:** 6pm – dusk

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**Who:** Mostly Beginner and novice riders, but more experienced riders often ride to mentor and get track time.

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**What:** Instruction on velodrome rules, racing, safety etiquette, and more. Monday Sessions focus on low-intensity practice and increased lecture/discussion.

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**What to Bring:** Helmet, cycling shoes, pedals, pedal wrench, warm clothing, a snack, water, sunscreen. You will be required to fill out NCVA and Santa Clara Park County participation forms. If you have a track bike bring that also!

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**Cost:** \$5 to ride, \$5 to rent a bike ( + \$6 for County Park parking fee).

Monday Sessions start at 6:30pm, please be there a little early to rent a bike. Please enter the track respectfully if arriving late.

Questions: Michael Hernandez, [pedalhome@hotmail.com](mailto:pedalhome@hotmail.com), 831.236.2091

Please see [www.ridethetrack.com](http://www.ridethetrack.com) Hellyer Velodrome's most current information. Join the e-communities: [ncva@googlegroups.com](mailto:ncva@googlegroups.com), [hellyervelodrome@googlegroups.com](mailto:hellyervelodrome@googlegroups.com)