



Boys & Girls Club
2009 Cycling Challenge

New Cyclists Training Program



Looking for a new challenge? Have you wanted to get back on a bike and ride again? This is the training program for you!

ACAC and Cville Bike and Tri are partnering to bring Charlottesville a cycling training program that is geared to those new to cycling or wanting a structured environment to train for their first ride. This program is great for any age or ability! The training will be focused on riding the **Boys & Girls Club Cycling Challenge Ride on September 20** and will prepare riders to ride the 15 or 31 mile routes as part of the Cycling Challenge.

About the Training Program:

- Two rides each week led by experienced cyclists
- Routes are planned each week and will increase weekly with groups ability
- Included are Educational Sessions geared toward learning about cycling:
 - Bike 101 Class - how to get started cycling
 - Bike Mechanics class
 - Nutrition for Athletes
 - Injury Prevention clinic led by ACAC Physical Therapists
- Special Discount Bike Package deal available to training program participants (see reverse side for details on this great package)

About the Boys & Girls Club Cycle Challenge:

The Challenge is for riders of all levels. At 15, 31, and 62 miles, rides take anywhere from an hour to all day. All rides begin at the Old Trail Village Center in Crozet, Va. alongside BGC kids who will have trained for five months. It's training that readies them for the ride, but also life. All proceeds from the BGC Cycle Challenge go to the local Boys & Girls Club chapter and to providing the Challenge kids with their bikes, uniforms and other cycling equipment so they can continue on with a life of cycling.

To register for the Challenge and for more information, visit www.bgcchallenge.org.

Dates:

July 8 – September 19 (10 weeks)

Day/Times:

Wednesdays, 6:30-8:00pm and
Saturdays, 9:00-10:30am

Registration:

ACAC Albemarle Square (978-3800)
or ACAC Downtown (984-3800)

The training program costs \$50

ALL proceeds donated to the
Boys & Girls Club of Central Virginia

Location:

Cville Bike & Tri
629 Berkmar Circle, Charlottesville, VA