



2009

MONDAY NIGHT TECHNICAL RIDES

MAY 4	Group riding- drafting, rotating within a pack, riding close, drinking eating
MAY 11	Group riding- drafting, rotating within a pack, riding close, drinking eating, cornering
MAY 18	OFF – VICTORIA DAY
MAY 25	Group riding- drafting, rotating within a pack, riding close, drinking eating
JUNE 1	Ascending: technique, and drills
JUNE 8	Descending: technique, and drills
JUNE 15	Cornering, balance: technique, and drills
JUNE 22	Time Trial positioning
JUNE 29	Road race skills: touching wheels, cornering, accelerating
JULY 6	Crits race skills
JULY 13	Time Trail skills
JULY 20	Ascending: technique, and drills
JULY 27	Descending: technique, and drills
AUG 3	OFF – CIVIC HOLIDAY
AUG 10	Group Riding
AUG 17	Road race skills: touching wheels, cornering, accelerating
AUG 24	Crits race skills
AUG 31	Time Trail skills

The focus for any given Monday can change depending on the interest of the group.

Coaches: Genevieve marquis, Sam Warsket, Sophie Matte, Julie Hutseubaut, Sylvie D’Aoust and a couple other local female racers.