Hello Athlete!

Here is some information about the upcoming training. If you have further questions please send us an e-mail or check the [website](http://www.cyclingcentre.ca/winter-training.html).

**Location:**

The Cycling Centre is located on the second floor of the Gears building south of the QEW and on the east side of Trafalgar [(link to map](https://www.google.ca/maps/place/GEARS%2BBIKE%2BSHOP%2BOakville%2Bat%2Bthe%2BQEW%2Band%2BTrafalgar/%4043.458542%2C-79.6832587%2C17z/data%3D%214m13%211m7%213m6%211s0x882b5cc28b6e063b%3A0x249be64508e8a889%212sGEARS%2BBIKE%2BSHOP%2BOakville%2Bat%2Bthe%2BQEW%2Band%2BTrafalgar%213b1%218m2%213d43.458542%214d-79.68107%213m4%211s0x882b5cc28b6e063b%3A0x249be64508e8a889%218m2%213d43.458542%214d-79.68107)).  The entry door is on the south side, facing west near the loading garage door where the Gears trucks are often parked.  There is a Cycling Centre sign on the door.  Once inside, go up the stairs and we are the first door on the right.

**Equipment to bring:**

You will need to bring a few items for your training, including:

* Bike
* Trainer - or if you’d like to rent one, including a front block, please let me know ($85 for the season including tax)
* Front Block so your front wheel is the same height as your back one (helps with the comfort of your sit bits)
* Cycling shoes
* Cycling shorts and shirt (no underwear under shorts)
* Water Bottle
* Towel to wipe a glowing brow
* Bike computer with cadence (heart rate function is great too)
* **It is VERY VERY important that the skewer (aka quick release) in your rear wheel is a trainer specific skewer.  If in doubt then send me a picture of each side and I’ll let you know if it is a trainer skewer. If you have a bike with disc brakes then you will likely need to order one for trainer use as each bike with disc brakes is different.**

If you have any questions then please ask.  The more questions you ask the more you’ll learn!

See you soon!

Petrina, Tracey and Sean