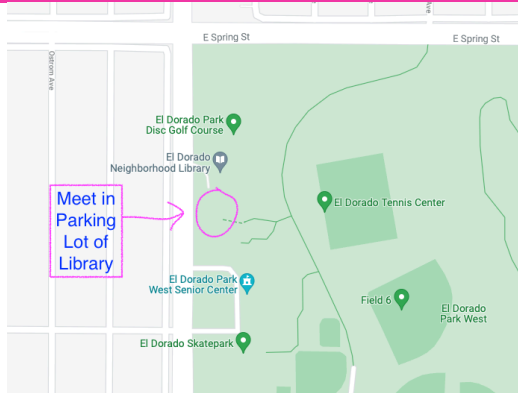


Road Cycling Training

Fast, Friendly, Safe - 7 Saturdays



The **Tour of Long Beach Century** is no more.

But, Lightning Velo is still providing training for cyclists who want to ride farther, faster and safer. We will tour many sights of Long Beach during our training rides and on our final event ride.

Choose a Goal: To ride 30, 60 or 100 miles
For: Cyclists who can ride at least 12mph for an hour

SATURDAYS 8:00AM

Apr 8 - Riding Basic Skills **MECHANIC ON SITE**
Apr 15 - Group Riding Basic Skills **MECHANIC ON SITE**
Apr 22 - Exploring Long Beach
Apr 29 - Exploring PCH & Huntington Beach
May 6 - Exploring Whittier
May 13 - Tour de Sewer
May 20 - LV Tour of Long Beach

Where: 2900 N Studabaker Rd,
Long Beach, CA 90815
Between Spring and Willow



- Fix a Flat
- Cadence
- Gears
- Bike Handling Skills
- Group Riding Etiquette
- Hand Signals
- Riding Position
- Braking and Cornering
- Rules of the Road
- Lane Positioning
- Intersection Positioning
- What to Wear
- Tools to Bring
- Bike Maintenance & Cleaning

Register for **Free Training** at:

LightningVelo.org

Bring ID, Helmet, & Water,
Contact Nia (562) 233-4455