

**Restricted Gear**

**Mock Racing**

**Training Sessions**



**Thursday Nights 6-8 PM**

**Starting November 16**

Structured Training and Mock Races with coaches Kyle Knott and Olga Weeks. Perfect way to keep some fitness throughout the Fall/Winter under the lights.

*Normal Track Fees Apply, Rental Bikes Available.*

**11/16**

Match Sprint Drills & Technique

**11/30**

Madison Drills & Technique

**12/7**

Points & Scratch Race Drills

**12/14**

TT/Pursuit Drills & Technique



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Owned & Managed by the City of Rock Hill, Parks Recreation and Tourism Department