

## Paceline Clinic for Cyclists

Will be held at the Hanscom Air Force Base  
General Aviation Airport

Date: Tuesday, July 20, 2004

Time: 6:30 - 8:30 p.m

Cost: \$20.00/clinic

The purpose of this clinic is to focus on riding in a paceline. We will look at your pedal technique, posture while riding, proper gear usage, practice spinning at 80 -90 rpm's and help new riders conquer their fear of getting close to the rider in front's back wheel. The ride will take you through scenic and historic Bedford, Concord and Carlisle. Come join us and practice your technique in a contained and controlled environment that is safe and comfortable for all... **Total miles** = 26 miles

**Directions:** Rt. 128 Exit 30B (Rte. 2A West) do not take exit for Rt. 4/225 which also says "Hanscom Field" on the sign. Go on 2A West for 1.5 miles until you come to the blinking light. Turn right at Airport Road into Hanscom Field and follow signs for the General Aviation Airport.

To provide for a safe ride, we are limiting the number of spots. So sign up early to insure your spot !

Call Karen @ 617-965-6585 or  
email @ [Karen@wellnessworksinc.com](mailto:Karen@wellnessworksinc.com) to secure your spot.

Please mail check to:  
Wellness Works  
80 Hillside Avenue Newton, MA 02465