

# HBA Winter Training Schedule

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Training Rides: 5:15 pm to 7:00 pm on Tuesdays and Thursdays

Location: 5005 Blairs Forest Way NE – Suite E (Cedar Rapids)  
(Behind Wal-Mart on Blairs Ferry Road)

**Dates:** Dec. 4, 6, 11, 13, 17, 20  
Jan. 3, 8, 10, 15, 17, 22, 24, 29, 31  
Feb. 5, 7, 12, 14, 19, 21, 26, 28  
March 4, 6, 11, 13, 18, 20, 25, 27

## Guidelines for 2008 Training Rides

Bring your own bike and trainer / roller.

Riders are expected to wear helmets at all times.

Sessions open to HBA members and non-members

Structured interval session designed to prepare for the Roller Race Season.

HBA is not responsible for last minute changes in this schedule.

Complaints and suggestions from riders are to be forwarded to Connie Bird and will be handled by the HBA Board, if necessary.