




Invitation: The Basics of Track Cycling.



— CYCLING AUSTRIA —
VORARLBERG

We are pleased to invite you to a **3-day Track Cycling Course** at the **Tissot Velodrome** in Grenchen, Switzerland. Under the guidance of **Nik Iseli, Track Coach from Swiss Cycling**, participants will gain a comprehensive introduction to **Track Cycling**. Upon successful completion, you will be awarded the “Bahnreife” and the Modul 3 of the D-Trainer: in (Übungsleiter: in) of Cycling Austria. If you already have successfully completed a Übungsleiter: in degree of Cycling Austria you will be rewarded with the D Trainer: in (Übungsleiter: in) Fahrrad.

17 **Event Details**

-  **Date:** Friday, March 28 – Sunday, March 30
-  **Location:** Tissot Velodrome, Grenchen, Switzerland
-  **Address:** Neumattstrasse 25, CH-2540 Grenchen

Program Overview (subject to change)





Friday, March 28 – *Departure & Initial Training*

-  **09:00** – Depart from Grenchen
-  **12:30 - 13:30** – Seminar
-  **13:30 - 15:15** – Track Time
-  **19:00** – Dinner

Saturday, March 29 – *Training & Seminars*

-  **08:00 - 09:00** – Breakfast
-  **10:00 - 12:00** – Seminar
-  **13:00** – Lunch
-  **14:00 - 16:00** – Seminar
-  **16:45 - 18:45** – Track Time
-  **19:15** – Dinner

Sunday, March 30 – *Final Training & Closing*

-  **07:00 - 08:00** – Breakfast
 -  **08:30 - 12:00** – Track Time
 -  **13:30 - 17:00** – Track Time
 -  **17:00** – End of Course
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Costs & Inclusions

 **€200 per person**, covering:

- ✓ Track rental
- ✓ Bike rental
- ✓ All meals
- ✓ 2 hotel nights (*double room*)
- ✓ Transport to Velodrome (*from Dornbirn Olympiazentrum*)

 **Bike Rental Includes:**

- ✓ BMC Bike
- ✓ Shoes
- ✓ Shimano SPD Pedals
- ✓ Helmet



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Sign Up Now!

Interested? Register by filling out your details via this link: <https://forms.office.com/e/DMcH3zNEr4> (*Cycling Austria*).

 In **point 14 (Sonstige Anmerkungen)**, please specify:

- Whether you require **transport from Dornbirn to Grenchen** or will travel independently.
- If you prefer a **single room (€35 extra per night)** or are comfortable with a **double room (2 separate beds)**.

Deadline for registration: March 3

Don't miss out on this incredible opportunity to enhance your cycling skills!

Best regards,

The Organizing Team