

Map not to scale

Join the Cycling Revolution!

Community Cycling and Track Cycling: Beginner, Intermediate and Advanced

Ready to Start?

Whether you want to learn to ride a two-wheeler or are skilled on a bike and want to try track cycling, the Town of Milton is offering programs for all abilities:

- 1. Get on the Bike:** Learn to ride a two-wheeler and work on developing and refining your skills.
- 2. Get on the Track:** Get a taste of the track with our special “try it” sessions and then get certified to ride through a certification program or an intensive introductory course.
- 3. Ride the Track:** Be a recreational rider with a track membership, drop into a program or take a cycling-based fitness class. Ramp it up with intermediate/advanced cycling, racing and more!

More details: See the chart on the back of this page.

What to wear and bring?

There is no need to purchase expensive supplies or special clothing to get started. Costs for getting involved in cycling are quite comparable to other sports. Rentals are available at the Mattamy National Cycling Centre for bikes, helmets and shoes!

Steve Bauer is our Head Coach

Former Olympian and Tour de France icon Steve Bauer is the Head Coach of the Milton Cycling Academy, which will operate out of the Mattamy National Cycling Centre. He is at the forefront of developing a full program of track cycling, ranging from introductory to more advanced training for participants of all ages. The ultimate goal would be to see aspiring young athletes transition into high performance competition with Cycling Canada. As head coach of the academy, Bauer will also work closely with the Town of Milton to ensure that a wide range of grassroots programs are offered, including recreational development opportunities and the establishment of regular racing nights.

How does it feel to ride the track?

Riding a velodrome in my own experience feels like a rollercoaster that you are in complete control of. It's exhilarating to ride on a track because the bicycles feel more responsive and efficient. As you reach the 180-degree bends, you look through the corner ahead of you and as your body turns sideways, the motion feels incredibly natural. It's as if you are being gently supported into the perfect apex or line of the bend, which is a rare feeling on the road.

Charlie Bryer, "In the Loop" Blog Writer and Cycling Enthusiast

Why cycle? The benefits are many...

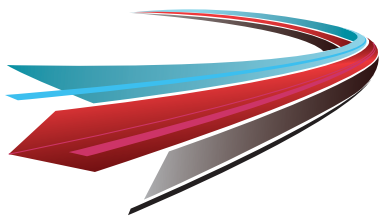
Whether you are on the road or on the track, cycling is:

- Thrilling, exhilarating and fun!
- A social activity - spend time with family and friends!
- A non-weight bearing life sport that is easy on your joints
- A pathway to develop balance and coordination
- An effective cardiovascular workout that you can do at your own pace
- A way to challenge yourself on your own or compete with others
- An opportunity for cross-training for hockey and other sports
- Led by experienced cycling coaches for Town of Milton programs

Stay in the Loop!

Visit www.MattamyNationalCyclingCentre.ca

- Find out about programs, amenities, facility rentals, events, special happenings and more!
- Sign up for the “In the Loop” e-newsletter for updates on events and program offerings.



Pathway to Cycling/Track Cycling

**Cycling
for all!**

