



Winter Training;

We encourage you to train over the winter months with a mix of strength training and indoor cycling and / or spin classes.

Spring / Summer Training:

When the snow clears, we will begin our Wednesday night group rides. The routes take approximately 90 minutes to cycle. Everyone is welcome.

Time: 6:30 PM every Wednesday

Starting Point: Richie Market (Biera), 9570 76 Ave
Park in the lot kitty-corner to the market

Bike Maintenance:

CASA Foundation will also provide a variety of bike maintenance, road safety material and workshops beginning in the New Year and leading up to the tour for those who are interested.

Information about training and workshops will be emailed to all cyclists once the schedule is available. Should you have any questions, please contact Elyse Colman at EColman@casaservices.org

