



# ***KZN CYCLING***

# ***TRACK RIDE***

**FREE  
ENTRY**

**BEFORE ALL THE REAL FEASTING  
AND RELAXING STARTS, WHY  
NOT COME ALONG AND JOIN...**

**15 DEC 24**

**COACHING:**

08:30 TO 13:30

**RACING:**

13:30 TO 16:30



**SAX YOUNG  
TRACK  
ALEXANDRA  
PARK PMB**

FREE ENTRY COURTESY OF  
THE KZN DEPARTMENT OF  
SPORT, ARTS & CULTURE!!



The morning session starts at 8.30am and is open to young and old alike. Come and learn cycling skills like riding in a bunch, slipstreaming, attacking and defending, drinking and feeding on the go that can be used pretty much anywhere. This all in a safe environment and with experienced coaches on hand to assist.



**KWAZULU-NATAL PROVINCE**  
SPORT, ARTS AND CULTURE  
REPUBLIC OF SOUTH AFRICA