



Press Release

March 30, 2005

First Track Camp Scheduled at the New Forest City Velodrome in London, Ontario, April 22-24, 2005

The Ontario Cycling Association (OCA) and the Forest City Velodrome Association (FCVA) in London, Ontario are pleased to announce the first track camp at the new velodrome beginning on Friday, April 22nd running through Sunday April 24th, 2005.

This camp will introduce riders to the facility and get them up to speed over the weekend.

The purpose of this camp is to evaluate the fitness and potential of Junior, Senior, Women riders.

Schedule:

Friday, April 22, 2005

6:00 PM to 7:00 PM

Learn to Ride program for first-time riders of the London Track

7:00 PM to 8:00 PM

On-track tempo riding and pace lines

8:00 PM

Timed Flying 100m

Saturday, April 23, 2005

9:00 AM to 10:00 AM

Warm-up and Quickie Learn to Ride

10:00 AM to 11:00 AM

Timed Flying 200m

11:00 AM to 12:00 noon

Timed Flying 500m x2

2:00 PM to 3:00 PM

Timed Flying 1000m

6:00 PM to 10:00 PM

Racing: NAS-Track Madison league and regular mass start races

www.ForestCityVelodrome.ca



Sunday, April 24, 2005

11:00 AM to 12:00 noon
Standing Start Practice

12:00 noon to 2:00 PM
Time 100m from standing starts

2:00 PM to 2:30 PM
100 lap tempo roll-up to end the camp

2:30 PM to 4:00 PM
Open Track time

Cost:

FCVA and OCA members: no charge

Non Members: \$50.00 for the weekend

Accommodation:

Travelodge London

Located on Exeter Road in London, Travelodge London is one minute to the velodrome.

Phone: 1-519-681-1200

Preferred Room Rate: \$79.00 per room

(Mention "Velodrome" to receive this preferred room rate)

Registration:

Go to the OCA website to register at www.ontariocyclingassociation.org or call Jamie at the OCA at 1-416-426-7401

Media Contact:

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