

# 2012 LIVESTRONG at the YMCA Green Lakes Triathlon Training Rides

**What:** Again this year, the YMCA of Greater Syracuse will hold training rides for all bicycling abilities - fast, medium, slower, and new riders. No one will be left behind.

**When:** Rides are held Saturdays, April 28 through June 2. Sign in at 8:15 a.m. (waiver and roster). Rides begin at 8:30 a.m., rain or shine.

**Where:** Green Lakes State Park. Meet in the East Parking Lot (by the Bathhouse) on all Saturdays except on May 12, when the meeting location will be the West Parking Lot (by the Boathouse).

## **Details:**

- YMCA triathlon coaches and bicycling instructors will be available to discuss technique, skills, etc.
- Some riders will do more than one loop
- There will be runs available after the rides