

Handcycling

Houston Parks and Recreation Department Handcycle Training Group



HANDCYCLING is becoming one of the world's fastest growing disability sports. The speed and adrenalin in this new sport is very addictive and its recent inclusion into the Paralympic program only highlights it's popularity.

This training group will focus on technique and practicing three disciplines in handcyle racing:

- Road Racing – a 10-30 mile stretch from point to point.
- Time Trial – a 3-10 mile point to point race for time.
- Criterium – a race typically between 20 and 40 minutes, run on a short circuit no longer than 1 mile in length.

Time:	1:00 p.m. - 3:00 p.m.
Date	Location
April 1	Metropolitan Multi-Service Center 1475 W. Gray 77019
April 8	Memorial Park Picnic Loop
April 15	Memorial Park Picnic Loop
April 22	Eleanor Tinsley Park 1800 Allen Parkway 77019
April 29	Eleanor Tinsley Park 1800 Allen Parkway 77019
Information:	Chuck French 832-395-7325 Charles.french@houstontx.gov

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