Giana Roberge Women's Cycling Fitness & Skills Series

Women cyclists of Sonoma County and beyond! Are you looking for ways to get the upcoming cycling season off to a great start? Do you want to join in and ride with a group of women but feel intimidated because you don't know how? Have you always ridden the same routes, with the same people, and wonder what it would be like to learn some new skills to better yourself as a cyclist?

Class # 1: "Beginner Skill Building Series" This class is ideal for those who are new to cycling, would like to learn how to use their bicycles to increase fitness, or would like to learn how to ride in a group. It will focus on drills and technique during a 60-90 minute ride that will help you feel more confident and comfortable as a cyclist. You will need a road bike, and be able to average at least 10-12mph on a flat road.
Classes will be from 5 to 6:30PM on Fridays starting March 19.

Class #2: "Fitness Cycling Series" This class will usually consist of a ride of 2 hours that will focus more on fitness, fast paced pacelines, echelons, sprinting, climbing and strategy. We will schedule in a Team Time Trial and some other fun friendly competition during the eight week series. You will need a road bike, and be able to average at least 14-18 mph on a flat road.
Classes will be from 10 to 11:30 or Noon on Sundays starting March 21st.

The series includes a two month daily schedule of workouts, on the bike coaching from Giana, and extensive education on the topics of bike comfort, nutrition, hydration, and clothing with a training bible that puts all this valuable information on paper for on-demand review off the bike.

The cost of either class is $150

To register or inquire about further details visit or call:

West County Revolution 6731 Sebastopol Ave, Sebastopol (707)829-2192 or
Echelon Cycle & Multisport 1005 Cleveland Ave, Santa Rosa (707)528-1133

Due to the substantial amount of interest, we are now accepting sign ups, and will limit each class size.

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