



**Voorheesville Running and Cycling Club
is offering two FREE clinics.**

- ★ **Trail Riding Clinic:** Come for a fun bicycling adventure and learn how to safely ride off-road. Chuck Quackenbush, a group leader with Flow Riders with decades of trail and road cycling experience, will be leading a 90-minute clinic open to 12-year-olds and up. **The session is limited to 15 participants.** Registrants beyond the 15 will be placed on a waitlist. Registration to open on April 1st.

Date: April 22nd (Rain Date May 13th)

Location: Stephen P. Wallace Park, Town of New Scotland

Time: 10am-11:30am

Please register for the Trail Riding clinic using this form.

https://docs.google.com/forms/d/e/1FAIpQLSfWvaMWuHTC7euf1w3hPAf_cTTGbXelQYPqZrkYGI9KtGocw/viewform?usp=sf_link

The biking clinic is supported by a grant from the Northeast Wellness and Fitness Initiative. VRCC would also like to thank its Ultra Distance Visionary sponsor, Blackbirds Tavern.

- ★ **Running Clinic:** A one-hour workshop to be lead by Elizabeth Cardoso, founder of Powerful Kids Run Club. The session will be divided into three main areas, a warm-up and mindset discussion, running drill of the day, and a class game. We want children to leave with an encouraging mindset and goals to prepare for the Kid's Dash and 3.2k run at the Voorheesville Memorial Day Races event May 27, 2023. This clinic is geared towards 8 to13 year olds. **The session is limited to 15 participants.** Registrants beyond the 15 will be placed on a waitlist. Registration to open on April 1st.

Date: April 29th (Rain Date May 6th)

Location: Nichols Park, behind Voorheesville Village Hall

Time: 10:00am-11:00am

Please register for the Running Clinic using this link <https://powerfulkidsrunclub.com/sessions>

The running clinic is supported by a grant from the Northeast Wellness and Fitness Initiative. VRCC would also like to thank its Ultra Distance Visionary sponsor, Blackbirds Tavern.