

ORIENTATION OVERVIEW

Note: Subject to change, but this provides you with a general idea of orientation.

DAY 1

- Airport arrivals
- Introductions and Cycling 101
 - On the road operations
 - Safe cycling
 - Paceline communication
 - Situational awareness
- Team meeting: Shared values
- Free time

DAY 2

- Skills assessment
- Practice ride #1
- Seminar
 - Practice ride debrief
 - Hydration and nutrition
 - Safety management plan
- Bike maintenance
- Free time

DAY 3

- Practice ride #2
- Break/Walmart run
- Seminar
 - Practice ride debrief
 - Cycling coach Q-and-A
 - Advice for Friendship Visits
- Team meeting: Ritual
- Free time

