

## Winter Training Facility (WTF)

The WTF is operated by the CNY Triathlon Club, with sponsorship by the Onondaga Cycling Club. The facility has 50 Kurt Kinetic trainers, a sound system, and two large screen video monitors. The WTF is located on the basement level of Shoppingtown Mall in the space formerly used for the Dewitt library. It is available for use free of charge during the late fall and winter season to current members of the Onondaga Cycling Club. Bring your bike, water bottle, towel and your desire to have a great workout. The WTF is open only during scheduled class times, which are posted on our ride calendar.

### IMPORTANT INFO

To get to the WTF, enter the mall from Kinne Road, and park on the first floor of the parking garage. Use the mall entrance to the left of Sears. Do not go up the escalator, just walk down the hall and you will see the facility. When the parking lot/road is wet or snow covered, carry your bike to the mall entrance and roll your bike the rest of the way to the WTF. We want to keep the trainers corrosion free.

If you have never used a bike trainer, no worries! It is easy and the leader of the session will show you how to set your bike up.

You may store your bike at the WTF for the season for \$20. You may pay any instructor and receive an assigned space to use.

The WTF does have a women's and men's changing area, and there is a bathroom in the facility and nearby in the mall.

Bring a towel and water.

Be sure to sign in for each session on the sheet on the front table.

If classes are cancelled, an update will be posted on the OCC and CNY triclub facebook pages. We will also try to post updates on the ride calendar.

The WTF is not available on a walk-in basis. It is open only at the times listed in the schedule.

The classes will run at least until the end of March, or sometime into April. The WTF is closed for the warm weather months.

We are always looking for instructors to lead classes. If you would like to lead a class, or can provide back-up to one of the instructors, please let one of the instructors know.