



Scan and Register



This clinic is free for participants

# INTRO TO PARACYCLING

May 20-21, 2026 • Milwaukee, WI

Learn, grow, and connect through cycling. This clinic is designed for participants new to paracycling or looking to enhance their recreational riding and competitive racing skills. This program will provide essential knowledge and techniques to confidently enjoy cycling in your community and beyond.

Over the two-day clinic, you'll gain valuable paracycling skills and insights. We'll cover key areas such as bike handling, braking, climbing, descending, and cornering. You'll also learn essential group riding techniques and etiquette, along with an introduction to bike components, maintenance, and the role of strength and mobility in cycling. We'll discuss recovery strategies, nutrition, and explore the different types of paracycling, including how to get involved. Plus, you'll have the opportunity to put your skills into practice with two days of riding.

## Event Contacts:

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