





### What is it?

A virtual group social ride using the Zwift cycling platform.

It's usually about 30km's or 1 hour in duration.

The rides are set up so no-one gets dropped regardless of speed or power.

When are the rides?

17:00pm on Monday's once a fortnight.

When's the next one?

Please see the events section on our facebook page.

How do I take part?

See the events section on our facebook page for more details.

# Is it a race?

No – it's just a steady ride, although we might have the odd sprint for fun (but no one will be dropped).

# Does it cost anything?

Nope! However you do need to subscribe to Zwift and have access to a Smart turbo traininer.

# Who to contact if I have any questions?

If you have any questions please let us know - info@canbuttri.co.uk

Iain & Jill Dawson

### **Can But Tri Events**