





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