

Autumn Cycling on Country Roads



Instructor: Kate Bredin and Richard Elliot

Date/ Time: Thursdays 10am-noon

Session Dates: September 28, October 5, 12, 19
(plus additional dates in the event of inclement weather) (3-4 sessions)

Location: Various locations in Tantramar, instructors will confirm based on dates/ weather

Participants: Minimum 6, Maximum 20

Course Outline:

We plan to hold 3 to 4 cycling sessions on quiet country roads in the Tantramar area, starting on September 28th and finishing no later than November 2nd.

These rides will be chosen for gentle terrain on quiet paved roads, and to highlight beautiful fall foliage. We'll target refreshment destinations at the end each cycling session where possible, such as Trueman's Blueberry Farm, Beliveau Orchard, or Cranewood in Sackville. We hope to include an all-day cycling session at Kouchibouguac National Park when fall colours are at their peak, if there is sufficient interest.

Participants are welcome to use either E-bikes or regular bicycles in this cycling course.

This seniors' cycling activity assumes that participants would have sufficient conditioning to cycle for 1.5 to 2 hours at a leisurely pace, with rest stops at intervals. We'll postpone for poor weather conditions, and re-schedule for the next week.

Instructor Bio:

Both Kate and Richard are experienced cyclists, hikers, skiers, naturalists and outdoor enthusiasts, and love sharing outdoor experiences with other seniors.

Remember to check your email before each new course begins and during the course. You will be contacted by email if:

- a) The course is cancelled or delayed unexpectedly or if there is a change in the time or venue of the course.
- b) During the course if the instructor gives notice that he or she is ill or unavailable for one of the sessions. The course liaison will attempt to contact those without email by phone, so please ensure the TSC has your correct phone # as well.

Absence/ Absenteeism - TSC instructors are volunteers who work very hard to prepare courses. Your cooperation is appreciated in letting them know if you are unable to attend as most instructors plan for the number of students who registered for the course. If circumstances change for you between registration and the first class, or if you decide to withdraw from the class, please email the TSC coordinator at tscordinator@gmail.com. You can also call 506-364-2780 to let us know. Many courses have a wait list and someone else may be able to take your place. Once the class has started please advise the instructor if you are unable to attend a session.

Classroom comportment - Active class participation is encouraged by the TSC. We request that class members are mindful and respectful of the level of comfort of their fellow students and the volunteer instructors as they participate in the discussions.