

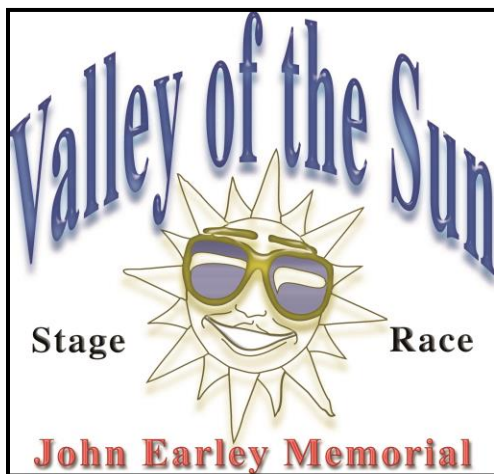
# Hand Cycle Race & Learn to Ride Clinic

## 2016 Valley of the Sun Stage Race

**Come to the Arizona State Capitol for a day of bike racing and fun!**

**Where:** Arizona State Capitol, Phoenix, Arizona

**When:** Sunday, February 14th, 2016



### Schedule of FREE events

**Meet hand cycle racers Pre-Race:** 1:00 until 2:00

**Watch the Hand Cycle Race**

**Starts @ 2:35 / Ends @ 3:05**

**cool down Post-Race:** 3:10 until 3:30

**Learn to Ride Clinic:** 3:30 until 5:00

Clinic Open to veterans and the public, for novice to experienced riders.

Conducted by U.S. Paralympics Cycling Coach



**JORDEN BISCHOFF  
& HISER, P.L.C.**



Arizona Spinal Cord  
Injury Association



**For more information see: [www.wmrc.org](http://www.wmrc.org)**

**email [vosinfo@wmrc.org](mailto:vosinfo@wmrc.org)**

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