

# Access Leisure Adaptive Cycling Season Opener



**Date: Saturday, April 15, 2023**

**Time: 9:00am-3:00pm**

**Cost: \$10**

**Location: Lower Sunrise Recreation Area  
S Bridge St, Rancho Cordova, CA 95670**

**Handcycling, Recumbent  
Cycling, and Tandem  
Cycling Clinic  
with Ride and Rock  
Climbing with Mark  
Wellman**

**ALL Must Pre-register!  
Helmets REQUIRED!**

For more information  
Contact Kou Yang at  
916-808-6045 or  
[Kyang2@cityofsacramento.org](mailto:Kyang2@cityofsacramento.org)

Register here by clicking on the  
link or scanning the QR code

[Registration](#)



Participants will be given the opportunity to check out the various styles of handcycles and tandems available for both beginning and advanced riders.

Experienced handcyclists will be in attendance to share tips about cycling and training techniques. Rides of varying lengths along the River Parkway followed by a picnic lunch. Riders will also have the opportunity to experience climbing on an adaptive rock wall, led by world-renowned climber Mark Wellman.

