

AVRA Lemond Trainer Policy

The Argyll Velodrome Racing Academy (AVRA) owns Lemond Trainers through a Canadian Paralympic Committee Grant. The primary use of the Lemond Trainers is for the AVRA's para cyclists, but they can also be used by AVRA's other clients.

The Lemond Trainers will be stored at the Argyll Velodrome, but there is an option of signing the trainers out so athletes can train on them at their own home. Once signed out, the athlete will be responsible for them, and responsible for any damage that may occur due to improper use of the trainers.

If the athlete who has signed out a trainer is leaving for holiday, a training camp (longer than 1 week), or will be away for work, it is requested that the Lemond trainer be returned to the Argyll Velodrome so that other athletes can use them. Likewise, if we believe the trainer is not being used on a regular basis for training, we will ask for it to be returned to the club house for another client to use.

Attention needs to be paid to the rubber feet of the trainers: they must be tight for transport to the from the track, and when moving them around your home. The quick release lever must be tight when securing your bike in the trainer. The lever needs to leave an imprint on your palm as you tighten the lever. Think of how tight your lever is on your road bike, and make it tighter on the Lemond. Failure to sufficiently tighten the lever can lead to damage of the trainer, your bike, and risk the bike coming loose from the trainer under heavy load/effort.

Please contact Alex Ongaro with any questions concerning Lemond Trainers.

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