

SPORTSKLUBBEN

Rye

BU terreng

Klubbmøte 5. november 2014



Ferdighetstrening i et robust miljø



Påskesamling med Rye på Slettestrand i Danmark påsken 2014



Treningstilbud

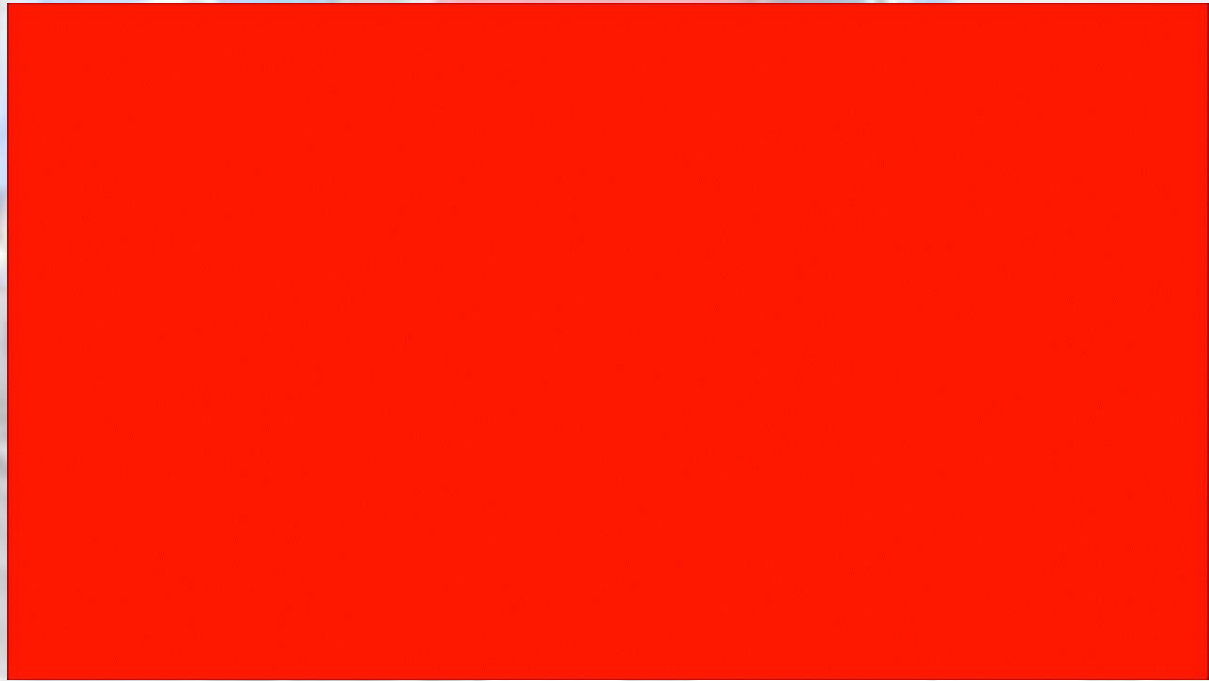
- Sommer: 1-4 treninger avhengig av alder
- Høst og vinter:
 - Utesykling
 - Spinning
 - Styrke
 - Langrenn





Stort aktivitetstilbud

- Vintersamling
- Påskesamling
- Vårsamling i Horten/Moss
- Mekkekurs
- Sommersykkelskole 2x
- Grilltrening





Rittarrangør

- United Bakeries cup
- Klubbmesterskap i terrengsykling





Gode resultater





Foto Frank@Solberg.no





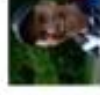
30 dyktige trenere i stallen



Tord Bern Hansen
Norwegian Univ. of Science & Technology
Added by Arnt Sandbu about 7 months ago



Karl Strømstad
Works at EVERY Norge
Joined about 7 months ago



Runar Moseby
Works at Statnett SF
Added by Arnt Sandbu about 7 months ago



Robin Kenneth Mackenzie-Robinson
Uni. Oslo
Added by Arnt Sandbu about 2 months ago



Arnt Sandbu
NKI Ingeniørhøgskole
Joined about 7 months ago



Aksel Fischer Aasheim
Syklist at SK Rye
Added by Lars Christian Ek Folkestad about 7 months ago



Eivind Heldal Stray
Student at Piloting Small Planes
Added by Aleksander Bøtger about 5 months ago



Aleksander Bøtger
Verkstedansvarlig at Raceplace
Added by Arnt Sandbu about 7 months ago



Jørgen Amundsen
Works at Bertel O. Sleen Autostern
Added by Aksel Fischer Aasheim about 6 months ago



Ove Sollie
Team Leader at Toyota Fuji Team
Added by Arnt Sandbu about 7 months ago



Ola Lund Presterud
Works at Sykkeltrener
Added by Arnt Sandbu about a month ago



Andreas Baardseth
Works at Sk Rye
Joined about 7 months ago



Johnny Norland
Works at SIO - Studentsamskipnaden i Oslo og Akershus
Added by Arnt Sandbu about 7 months ago



Eva Graff Bjerke
Works at Statnett SF
Added by Arnt Sandbu about 7 months ago



Kristin Bryntesen Watndal
Works at Apokjeden AS
Added by Arnt Sandbu about 7 months ago



Bente Flakstad Vold
Area Exploration Manager
Barents Sea at Spring Energy Norway AS
Added by Arnt Sandbu about 5 months ago



Per-Ivar Dokset
Joined about 7 months ago



Lars Christian Ek Folkestad
Works at Sportsklubben Rye
Joined about 7 months ago
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Erik Bøe



Elias



Eirik Bergsjø