

CRT's 6 WEEK DEVELOPMENT ROAD CYCLING COURSE

(Ability Level – Intermediate for more experienced riders)

Commencing Saturday, 4th February to Saturday, 10th March 2012

IF YOU WANT to improve your road cycling skills, technique & fitness then join CRT's next course. You will learn the following:

- Riding Skills

"Road cycling is a complex sport. Learning the skills of bike-handling, navigating the rules of pace lines, dealing with road hazards and difficult conditions, knowing when and how to use various riding techniques – all of these and more form the foundation on which roadies rely on every ride. And there's always more to learn"
- Learn about improving your fitness with some Interval Training Tips
- Group/partner riding skills and etiquette
- Cornering
- Strength & power outage, standing & seated hill climbing
- Aero descending
- Learn more about Cadence (RPM) and its benefits
- Build confidence with better cycling techniques
- Know your gearing and equipment
- Basic bike maintenance overview & helmet safety tips
- Specific skills for - emergency braking, jumping your bike, looking back and retrieving your bidon etc

Equipment needed:

- Road/racing bike essential (Strictly NO hybrids, MTBs, flat bar road bikes or time trial bikes)
- Up to date current Australian standard helmet (not older than 5yrs!!!)
- Proper Road Cycling shoes & pedals are compulsory!.....
- Proper water bottle/bidon and holder
- Pump, spare tube, tyre levers
- Cash for coffee afterwards

Dates: Sat, 4th February to Sat, 10th March 2012 – register your interest now..... if raining, sessions will be cancelled and an extra week added)

Cost: \$140.00 (paid in full prior to course starting – payment details on registration form)

To Register Email Lindsay Davies-Moore - info@crtwa.com.au and registration forms will be sent to you. Forms to be filled in and faxed to 9383 7609 or scanned to info@crtwa.com.au

Time: 9.00am to 10.45am

Training venues: Kings Park, Jutland Parade circuit - Dalkeith, Steve's foreshore – Nedlands

Meeting point: Saturday - 8.50am - Brew Ha Café – Rokeby Rd, Subiaco (wait behind post office. Plenty of parking)

