

"CRT" 6 WEEK INTRODUCTORY CYCLING COURSE FOR BEGINNERS

Commencing: Sunday, 8th January to Sunday, 12th February 2012

Who should attend?

This course is designed for those people who perhaps have not cycled for sometime and want to get back into riding or maybe a novice cyclist who wants to improve their riding skills, fitness and confidence on the bike.

Course content

The course is conducted by qualified coaches one day a week over a six week period. Some of the areas covered during the program are:

- Bike set-up
- Basic bike maintenance
- Braking and cornering
- Using gears effectively (getting up those hills)
- Pedaling technique
- Riding safely in a group

What will you need

- A road worthy bike (road bike, flat bar, hybrid or mountain bikes are OK)
- A bicycle helmet that meets the Australian Standard
- A water bottle and a bottle carrier on your bike
- Bring some money for a coffee at the end of the session

Where is it held and when

- We meet in the car park behind Frasers Restaurant in Kings Park.
- Most sessions will be conducted within Kings Park.
- The course commences @ 9.15am and concludes at 10.45am for a period of 6 weeks.

Cost

\$140.00 per person .Payable via Direct Debit or Credit Card (see registration form for more details)

Maximum numbers - 10 per class

Other Training

Chain Reaction Training ("CRT") also runs a 6 Week Development Course for more experienced cyclists. Participants require a road bike for this course. There are also regular group rides, teams for Cyclo Sportif events and interval training sessions. Visit the CRT website for more details www.crtwa.com.au

To Register

Email crt@inet.net.au and registration forms will be sent to you. Forms to be filled in and faxed to 9383 7609 or scanned to crt@inet.net.au.

Further enquiries - call Lindsay Davies-Moore on 0407 929652 or Peter Turnball on 0409 290105

