



RIDE WITH CONFIDENCE

Road Riding and Commuting Skills (ii)

Sunday 26th September 2010, 9 am -12.30 pm Carnegie Cycle Track

- Improve your bike handling
- Confidently apply new skills to different terrains
- Have fun learning low speed bike skills
- Get confident in corners
- Learn quickly and safely
- Introduction to bunch riding
- Understand your equipment and how it works
- Easy “backyard” practice tips.



Novice and Intermediate riders will enjoy this session. It's dedicated to supporting people develop their road/commuting skills. So if you want to feel what it's like to ride with confidence; commute with confidence; manoeuvre in traffic with confidence, stop/start with confidence, drink from your water bottle while riding with confidence, ride with groups of people confidently, and/or introduce yourself to clipless pedal systems confidently this is for you. Alternatively you might just want to improve your riding - good slow speed riding skills help prevent fast speed accidents. So if you're heading for the crit course - this session will support your racing.

For further information/ bookings contact

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Total Cost*

\$65.00 per person



Bikes, Skills, Adventure

www.bikebeyond.com.au