



# RIDE WITH CONFIDENCE

## Road Riding and Commuting Skills

12th March 2011, 9 am -11.30 am Hawthorn 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. This session will support riders to 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.

### For further information

#### Contact

Louise 03 - 85037080 (Mobile 0429 668 487)

Email: [louise@bikebeyond.com.au](mailto:louise@bikebeyond.com.au)

Total Cost\*

\$65.00 per person



[www.bikebeyond.com.au](http://www.bikebeyond.com.au)