

Essential Road Cycling Skills



Improve Essential Cycle Skills : Gain More Confidence
Monday 16 - Tuesday 17 January

Ask yourself two questions and answer honestly...

“ am I confident in my ability to approach a corner at my topmost high speed and make it smoothly and confidently around it?” and

“if I had to brake at 50kmh - could I stop in under 10m without sliding out or flipping over?”

If you hesitated with your answer then these sessions are for you ☺

Suitable for Year 7-13 Children (Ages 11+)
and.... Adult Riders

Notes for riders and parents...

The course has been designed to target riders who have gaps or concerns/fears for their safety and ability when faced with technical or difficult situations, especially when riding at high speed.

This skills program suits riders who have been riding for a while or who are recent to road cycling or maybe are still a little uncertain in situations like high speed braking and cornering, or close draughting, or bunch riding.

Riders must bring their own bike, and carry pump, spare tubes etc. Riders must supply contact details of a support person. Parents are welcome to attend and observe, video, photograph

Medical Information:

Has the rider any known medical conditions/allergies please supply details and any special requirements or treatments.

Advanced Road Cycling Skills

Improve Advanced Cycle Skills : Go Faster, Harder, Safer

Wednesday 18 – Thursday 19 January

Days 3 and 4 have a focus on Speed and Technology and will include; Performance testing, Map My Ride, Video recording and playback of riding and handling performance.

	Essential Skills 1 16 Jan 2012	Essential Skills 2 17 Jan 2012	Advanced Skills 1 18 Jan 2012	Advanced Skills 2 19 Jan 2012
8:00 8:30 Start	Intro and orientation	Arrive and days briefing	Arrive and days briefing (Venue TBA)	Arrive and days briefing
9:00	Bike check Bike setup basics	Road rules	Power = W/T Cadence Science and mechanics	Pre Race preparation and Recovery
10:00	Effective braking	Bunch riding <ul style="list-style-type: none"> • General - etiquette • 2 up / 1 up • rotate f-b / b-f • mass • warnings & signals 	Ride to Ashhurst	Descending at speed High speed positioning
11:00			Riding Technology Map my Ride GPS Tyre Selection	High speed braking High speed cornering
12:00 Lunch	Lunch provided. Please inform of any special dietary needs			
1:00	Body position	Descending Techniques (Session recorded and DVD available end of 3 rd day)	Aerodynamics Resistance	Shuttle runs downhill
2:00	Cornering		Hill climbing	
3:00 4:00 Finish	Debrief and sharing	Debrief and sharing	Debrief and sharing	Debrief and sharing

Program Cost per day \$20, or \$15 for BikeManawatu or Manawatu Mountain Bike Club members

Payment by Cash, Cheque or Internet.

SafeZone Training Systems

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