

Bike Manawatu School Cycling

Do you want to do a sport that is fast? Fun? Challenging?
Takes you to new places?
Is one of the biggest sports in the world? Where top athletes can earn millions?

Then, get on your bike and come along to the

Introduction to Road Cycling

Memorial Park

3 Sessions 8.30am – 10.00am Covering essential skills*;
Sunday 17th Feb Cornering Braking
Sunday 24th Feb Group riding Gear selection
Sunday 3rd Mar Bike setup Road Safety
(all sessions off public roads) Equipment

Any type of bike, any fitness level.

Recommended for all Year 7 and 8 riders, and any Year 9 riders who are new to road cycling, who wish to participate in School Cycling in 2013.

All participants must wear a helmet that fits
Run by qualified Bike NZ coaches.

Cost: \$5 per rider, for all 3 sessions.

All participants will receive a certificate and morning tea after the last session.

*Session content subject to change. Skills previously taught will be reviewed each week.

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