

Get up to Speed



Cycling Skills Course

Sunday: 25th July and 1st August 2010

Venue: Murrarie Sports Reserve – Cannon Hill

Time: 12pm – 4pm

Please bring the following: bicycle, riding apparel (includes gloves), helmet, cycle shoes, water or electrolyte drink and some basic food like energy bars, bananas, etc.

Please ensure your bicycle has been serviced or has been safety checked. If you need your bike serviced, we have a full time mechanic employed at my studio.

Skills covered include:

- Use of clipless pedals - includes mounting and dismounting
- Braking – incorporates light and emergency braking
- Riding between cones
- One handed riding, braking and drinking
- Balance skills with a partner – side by side stopping
- Mounting and dismounting on a hill
- Cornering
- Wheel following – riding in close proximity, riding in pairs

Directions to Murrarie – from the city / Story Bridge, take Wynnum Road. Where Wynnum Rd intersects with Creek Rd., Murrarie is located about 500m east on Wynnum Rd on the left, opposite the Cannon Hill shopping centre.

Please call me if you have a problem : 0400 100 270

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