



## **NOVICE CYCLE TRAINING SESSION**

**At the Hillingdon Cycle Circuit, Springfield Road, Hayes**

**A 4-hour cycle training session for new and returning  
adult cyclists**

**On Saturday 24<sup>th</sup> May 2008**

**From 1.30 to 5.30 PM**

**The session will cover:**

- **Basic and Intermediate cycling techniques**
  - **Bike position**
  - **“Get you home” bike maintenance**
  - **Group riding**

**Coaching by Qualified Coaches (male and female)**

**£12 for the session**

**Limited Numbers – advance bookings only**

**Light refreshments available**

- **Riders must be 18 years of age or over and of average fitness**
- **Bicycles must be in good working order and in a safe condition**
  - **A cycle helmet must be worn**

**For further information or to book a place  
Contact Nick Hobbs, [nick@maygoods.freeuk.com](mailto:nick@maygoods.freeuk.com)**

**[www.primecoaching.co.uk](http://www.primecoaching.co.uk)**