

## What is the GO for GOLD Cycling Bunch?

The GO for Gold Cycling Bunch aims to provide a safe, fun and social atmosphere in which to enjoy bike riding while also offering some friendly challenges, educational workshops and prizes. The 'Go for Gold Program' offers riders a positive cycling experience, presents opportunity to overcome fears, allows you to feel a sense of pride and accomplishment, to meet like-minded people, and to have a great time in the company of a friendly bunch!

There is a focus on bunch etiquette & group riding skills and is usually the follow on from the skills course for most riders. However, if riders already feel some level of confidence in their ability, it is not necessary to complete the skills course to be a part of the Go for Gold program. However, if you are after specific cycling skill training, there are courses available that cover these necessary skills and techniques such as bike posture, cornering, braking, gear selection, descending, hill climbing & cadence etc. Register here [www.saracarrigan.com/GOforGOLDregistration](http://www.saracarrigan.com/GOforGOLDregistration) or email [sara@saracarrigan.com](mailto:sara@saracarrigan.com).

### GO for GOLD Cycling Bunch details:

**Cycling Day:** Tuesday (*Intermediate*) OR Thursday (*Newbies*)

**Start Time:** 5:15am (*may change according to season*)

**Finish Time:** 7am

**Start & Return Location:** Coffee Sisters (*Cnr Rio Vista Blvd & Monaco St, Broadbeach Waters*)

- Includes:**
- ▶ **Structured training ride** every Tuesday/Thursday with Sara Carrigan (OAM)
  - ▶ **Coffee** after every Tuesday/Thursday ride at Coffee Sisters
  - ▶ **Post-ride activity** including core, stretching & strength
  - ▶ **Educational workshops:** *Bike Maintenance, Planning Training, Stretching, Core Strength, Nutrition, etc.*
  - ▶ Pre-ride **text message** and post-ride **email update**
  - ▶ Go for Gold **Newsletters** filled with tips, hints, cycling jargon and expert advice
  - ▶ Member **discounts**
  - ▶ Fun social **challenges and prizes** (Oakley sunglasses, 2XU, SIS and others)
  - ▶ 3 x 100k - 150k '**ULTIMATE GOLD Ride**' challenges throughout the year!

**Cost:** 1 week for \$ 25 - can be used at any time

5 weeks for \$110 - can be used at any time (Credits valid for 12months)

12 weeks for \$240 - can be used at any time (Credits valid for 12months)

\*All fees include all member benefits: coffee, Ultimate Gold Ride, seminar, newsletter, member discounts etc.

### **About Sara Carrigan (OAM)**

Sara Carrigan is an Olympic Gold Medallist who has enjoyed a successful professional cycling career of over 13 years, which commenced at the age of fifteen after being identified through a High School Sports Talent Search.

Some of Sara's greatest successes include winning the Gold Medal in the 120 km Road Race at the 2004 Athens Olympics Games, 2006 Melbourne Commonwealth Games medallist, two-time National Champion, medallist at every Australian Championships from 2001 to 2008, Australian representative at 8 World Championships, 2 Olympic Games (2004 and 2008) and 2 Commonwealth Games (2002 and 2006), being named Australian Female Road Cyclist of the Year 2002, 2003 and 2004 and receiving the Order of Australia Medal (OAM) in the 2005 Australia Day Honours List. In 2010, Sara graduated from university with a Bachelor Business (RE & Prop Dev).

Sara announced her retirement from professional sport in December 2008 following the Beijing Olympic Games and now has an ambition to pass on her years of cycling knowledge and experience to help others relish in the simple joys and wonders of riding a bike that she has enjoyed for over 16years. ©