



CYCLING SKILLS COURSE *Getting Started 2012*

This **introductory** program is for riders of all ages who are new to cycling. The primary goal is to enjoy the wonders of riding a bike through learning the necessary skills to safely, confidently and comfortably ride your pushie.

Enjoy the liberating wonders of a pushie!

❖ **Course Structure:**

1. 2x 4hour **Skills Sessions Course** on a traffic-free circuit (Saturday mornings)
2. 4 weeks of developing fitness, endurance, road skills & bunch skills through structured on-road sessions on Thursday mornings (Go for Gold Program).
3. A structured wind trainer/ergo **training program** to complete at home

❖ **What you will learn:**

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|------------------------|---|
| ✓ Bike confidence | ✓ One handed riding, signals and drinking |
| ✓ Changing a flat tyre | ✓ Gear selection & Pedalling basics |
| ✓ Bike handling skills | ✓ Mounting & dismounting |
| ✓ Cornering | ✓ Safety on the road |
| ✓ Riding in a group | |

❖ **Cost:** sara@saracarrigan for details

❖ **Inclusions:**

1. 2x 4hr Skill Sessions with structured guidance, training & expert advice
2. Pre-ride 'safety check' so you know that you and your bike are ready to go! (Value up to \$70)
3. 4 weeks of structured on road training sessions in the Go for GOLD Program (Value \$100)
4. A take home structured training program for your wind trainer/ergo
5. 1x Tube & Tyre Sleeves (Value \$10)
6. Science in Sport (SIS) nutrition samples
7. Various discount vouchers
8. Comprehensive course notes

❖ **Where & When:**

1. **Skills Sessions Course:** Nerang Velodrome (1 Hope St, Nerang)
6am to 10am Saturday mornings x2
2. **Go for GOLD Program:** Coffee Sisters (Monaco St, BroadbeachWaters)
5:15am to 7am Thursday mornings for 4weeks (Starts after 2nd Sat Skills Session)
3. **Structured Ergo Sessions:** Your home on the wind trainer/ergo
As per the program to be provided



❖ What to Bring:

- Bike Safety Check (supplied)
- Australian Standards Helmet
- Mobile phone
- 1 – 2 water bottles on your bike filled with water or electrolyte drink
- Some basic food such as bananas, muffins or muesli bars
- Pump (Ideally fitted to your bike) or CO² Cartridges
- Bike head light & rear light (for the darker winter months only)
- Saddle Bag containing:
 - 2-3 Tyre levers (these help to lever the tyre off in the case of a puncture)
 - 2 Tubes
 - Tyre sleeves (supplied)
- Cycling apparel including gloves, jersey, cycling shoes, and bike knicks are highly recommended as it will help make your ride that much more comfortable. 😊

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 130 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 half her life. 😊