



Aged 50 or Over? Join an Age Concern Cycling Club



You never forget how to ride a bike!

**FREE cycling club & cycle training,
all levels welcome!**



A total of six Age Concern cycling clubs are being established in West Sussex and Kent. The clubs will be based in Chichester, Worthing, Hastings, Maidstone, Ashford and Sittingbourne. At each location groups of up to 12 people will receive a total of eight weeks of free cycling tuition starting in July 2009. Participants are required to already own or have access to a suitable cycle.

Qualified instructors will be delivering the new National Standard for cycle training that will consist of the following cycling activities over the eight week period:

- Week 1: **Introductions and Beginnings**; basic bike check and skill check in a traffic free environment
- Week 2: **Drills and Skills**; exercises designed to boost confidence and ability in basic bike control
- Week 3: **Taking to the road**; lessons on how best to position yourself when out on the road
- Week 4: **Building the base**; additional road exercises and basic route planning
- Week 5: **The Final Touches**; advanced road skills and putting it all into practice
- Week 6: **Ride leaders Course**; route planning, group management and emergency procedures
- Week 7 & 8: **Cycle rides**; lead by trained participants

Each cycling session will be typically two hours in duration for the first 5 weeks and will include gentle and continuous riding on quiet roads and traffic free bike paths. During week 6, two people from each location will receive additional ride leaders training with a view that during Weeks 7 & 8 they will organize and lead a short cycle ride for the club participants.

Beyond week 8 participants will be encouraged and be confident to keep on cycling!

To register for the FREE eight weeks of summer cycling activities please contact:

West Sussex; Chichester, Worthing or Hastings: Jon Pettifor on 07767740518
Email: Jon@CycleExperience.com

Kent; Maidstone, Ashford or Sittingbourne: Adrian Oliver on 07939 658055
Email: adrian@cyclingle.com

