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| What? – | Cycling with SpokeSixteen – [www.spokesixteen.com.au](http://www.spokesixteen.com.au)  0468 671135 |
| Where? – | *(Space to complete in pen)* |
| When? – | Day: *(Space to complete in pen)* Date: *(Space to complete in pen)*  Weekly 60 min (or so) sessions for 5 weeks. |
| Whom? – | Up to 7 participants |
| Booking essential? – | Yes, for purposes of insurance. |
| Who coaches it? – | Michael Jordan, Cycling Australia Accredited Coach,  coach to the Junior Emerging Talent squad of Qld, ride leader of Cycling Australia’s She Rides and Let’s Ride programmes and has an Exercise Physiology and Biomechanics degree tutored by Craig Sharp who co-founded the British Olympic Medical Centre. Michael can talk whilst cycling uphill but will limit this to useful things. |

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| Women and men? – | Either/both though this time-frame is female dominated. |
| Is it competitive?- | No. No it isn’t |
| Might I get left behind? – | No. No you won’t. |
| Clothing? – | Close fitting sporting clothing is fine if you are not a ‘lycra’ wearer. Full pro kit welcomed too if you like that. So long as it’s comfortable and won’t get caught in moving parts. Helmet? Australian law so it’s essential. |
| Bike? – | All types welcomed. If you are on a classic beach cruiser or town bike weighing 20kg it does make it harder. I’ll help make sure your bike fits you. |
| Ability level? – | Aimed at people who can ride a bike, including moderate inclines, but wouldn’t currently have the confidence to do a 20km ride. Also aimed at people who may be able to do 20km but would like it to be easier. |
| Will it be a mixed ability? – | Always. I adapt to this in every session I do as needs demand. |
| How much? - | $129 for the 5 weeks. |
| Do we have coffee afterwards? – | If you like? It is fairly traditional.  Also it is a good time to ask if you enjoyed it, achieved in the session what you wanted and what you’d like to work on next, whatever that may be. |
| Now what?- | Booking by phone is the best way. |

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| Some Other Options |  |  |
| I’d like a different day and time – | | Give me a ring we’ll work out a plan |
| I ride regularly and can do 55km in 2 hours and want to be even quicker – | | This is good, give me a ring we’ll work out a plan. |
| I, however, can hardly ride at all and haven’t been on a bike in a while – | | I also present Basics from Cycling Australia. Call for details or see the Cycling Australia website for details. Give me a ring and we’ll work out a plan. |

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| I want to do this – | Phone my number 0468 671135 or find my website and click Contact Us if you prefer. Either or. |