

2017 NOT-A-NOVICE-ANYMORE PROGRAM



What is NANA Cycling?

A **coordinated training group** for those with basic individual and group riding skills who want to train for an event (in Holbrook, 29/30 April). The focus of the group will be on increasing fitness, developing more advanced skills and riding with others. You'll learn how to ride with and organise yourselves as a group on the road (safely!).

The group will follow a training plan (accessed via a web forum but is NOT a dedicated coached program: all the program rides will have an experienced rider ('bunch mother') to herd the group and provide guidance, but are classified as 'uncoached'.

What kind of bike do I need?

Most bike types can be accommodated, however you will probably find the program easier if you have a road bike (flat or curly handlebars) and clip-in pedals. It is important that your bike is in good working order – take your bike for a service ASAP!

Who should register?

Those who have basic group riding and bike handling skills and now want to go a bit faster or a bit further or more with others. You need to be confident and competent on your bike (we will be working on group riding and on-road confidence). If you have completed a FIT program (WTTP, Rookie/Novice Cycling) or a similar structured program (eg Pedal Power, Cycling Club) that's perfect!

What is the commitment?

The program runs 6am-7.15am Mondays from 6 March until the end of April. You will be encouraged to ride a second or third time during the week as well (there are FIT riding groups on Wednesdays, Fridays and Sundays). It will start to get dark (and cold) as the program progresses – the best way to handle the temperature change is to ride every week but you'll still need lights and warmer cycling clothes at some point.

What is the cost?

To join the coordinated training group costs \$40, and you must be a member of FIT to register ([membership info](#)). FIT membership does not include personal accident or third party liability insurance, so full (Adult) Triathlon Australia, Cycling Australia or Pedal Power membership is highly recommended.

Registrations are open NOW!

Registrations can be accessed [here](#).

Got a question not covered here? Contact Coach Emma on emmawensing@yahoo.com.au