

2017 ROOKIE CYCLING PROGRAM

A novice cycling skills training program for women



What is Rookie Cycling?

A coached cycling program for novice cyclists. The program focuses on individual skill development, confidence building, and riding safely around others (on road/paths). Our target event is **the Big Canberra Bike Ride/Amy's Ride** (30km) on the first Sunday in March (separate registration). The rookie cycling program will be led by Cycling Australia qualified coaches and you will receive access to a web forum with weekly updates on the key skills covered.

What kind of bike do I need?

All bike types welcome. It is important that you have a bike in good working order – take your bike for a service before the program starts.

Who should register?

The program suits those wanting to brush up on their skills or who haven't ridden for a while (or who got a new bike for Xmas). If you've done a FIT program before, this is a good refresher and way back into cycling. The program is also suitable if you have just got clip-in pedals and aren't confident using them. The program is not suitable for people who have never ridden.

What is the commitment?

The program runs 6am-7.15am Mondays 30 January through to 27 February (5 weeks). You will be encouraged to ride a second time during the week as well (there are suitable FIT riding groups on Fridays). As the skills build on each other, it is important to come every week.

What is the cost?

The program costs is \$50, 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