

# ROOKIE CYCLING 2019

A novice cycling skills training program for women



## What is Rookie Cycling?

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A coached cycling program for novice cyclists. The program focuses on individual skill development, confidence building, and riding safely around others (on road/paths). 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?

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

## Who should register?

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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?

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The program runs 6.00am-7.15am Monday 4 February through to Monday 25 February (4 weeks). As the skills build on each other, it is important to come every week. Sunday 3 March is the 'Big Canberra Bike Ride' target event – aiming to all ride 35km (separate entry required). After the program, riders are welcome to join in with regular club rides on Friday or Sundays.

## What is the cost?

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The program costs is \$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!

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Registrations can be accessed [here](#).

Got a question not covered here? Contact us at [enquiries@fitact.org.au](mailto:enquiries@fitact.org.au) (or message us on Facebook) and we will get in touch with you ASAP.