

# N.A.N.A. CYCLING 2019

Women's not-a-novice-anymore cycling training group



## What is NANA Cycling?

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A **coordinated training group** for those with basic individual and group riding skills who want to train for a specific cycling event. 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 optional target event in 2019 is [Ride the Ranges Euroa](#) (Victoria, 28 April): 3 distances (30km, 85km, 130km). The [Bobbin Head Classic](#) (Sydney, 24 March): 4 distances (27km, 57km, 80km, 104km) is also on during the program, and some riders may participate in this too.

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?

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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?

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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 (e.g. Pedal Power, Cycling Club) that's perfect! If in doubt, chat with Emma.

## What is the commitment?

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The program runs 6am-7.15am Mondays for 8 weeks from 4 March until the 22 April (including public holidays). You will be encouraged to ride a second or third time during the week as well, depending on your goals (there are FIT riding groups on Wednesdays, Fridays and Sundays). As the program progresses you may need lights and more warm clothes.

## 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 – [Click here to register!](#)

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*Got a question not covered here? Contact Coach Emma via [enquiries@fitact.org.au](mailto:enquiries@fitact.org.au)*