

ROOKIE CYCLING 2021

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). 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 ([advice here](#)). 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?

The program suits those wanting to brush up on their skills or who haven't ridden for a while. If you would like to learn the basics of bunch riding, this will be covered. 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 6.00am-7.15am **Friday 5 November through Friday 26 November** (4 weeks). We ride in low-traffic environments, in and around the Parliamentary Triangle. As the skills build on each other, it is important to come every week. After the program, riders are welcome to join in with regular club rides on Wednesdays, Fridays or Sundays (depending on fitness level and cycling goals). In December, we hold a Christmas-themed club social ride for all members.

What is the cost?

The program costs is \$40, and you must be a member of FIT in order to register ([membership info](#)). Memberships are coordinated through Triathlon Australia.

FIT membership at the social level does not include personal accident or third party liability insurances, so a FIT membership at the Basic (training) level is required, unless you have insurance separately through Pedal Power or similar.

Registrations are open NOW!

Registrations can be accessed [here](#).

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