

St Ives Youth Cycling Club

Come and Join our Go-Ride training sessions

**Meeting at The Cafe, Hinchingsbrooke Country Park,
Huntingdon PE29 6DB**

Next session: Saturday 5th November

10.00am - 11.30am

Cost = £2.50 per session. Please bring bike, helmet and water based drink

Go-Ride - is British Cycling's development programme for young people aged 8 - 14. The programme provides a fun and safe way to introduce young riders to the world of cycle sport and provides a great platform to improve bike handling skills.

Each session, we aim to develop a different area of bike handling for the riders through focussed skill sessions and conclude with a short competition where those new skills can be applied.

We now also have a small number of 24" wheel bikes available to hire on a first come first served basis — please email us if you wish to reserve one.

To find out more about Go-Ride go to

<http://www.britishcycling.org.uk/go-ride>

Remaining session dates for 2011:

Saturday 19 November

Saturday 17 December

Saturday 3 December

Contact our Qualified Coaches

James Bamford

T: 07835 120235

E: bodymechanics@btinternet.com

Michael Hoy

T: 07977 015584

E: mike.hoy1@ntlworld.com



www.stivescyclingclub.co.uk

