



# BikePark Cycling Skills Sessions

Do you dream of climbing L'Alpe d'Huez or simply enjoy the freedom of riding? Join us at BikePark for a series of relaxed, interactive and informative sessions for cyclists and those who'd like to get riding. Gain the skills and confidence for either commuting or recreational cycling. BYO lunch and questions. Every Tuesday from the 31st of August from 12:30 – 1:30pm.

BikePark is located in the CBD at 15 Banana Alley on the northbank of the Yarra, Melbourne.

Cost: \$24 for 8 sessions or \$3.00 per session that includes

- BikePark will donate 20% of all fees to the Amy Gillet Foundation
- An I.C.E Helmet I.D (when you register for 8 sessions)
- Coffee / Hot Chocolate / Cold Drinks



Date	Wk	Topic	Content	Presenter
31st Aug	1	Basic bike maintenance	How to keep your bike (safely) moving & running Chains, brakes & wheels, emergency repairs	Justin Stevens <i>Podium Bike Hub</i>
7th Sept	2	Group / Bunch Riding	Safely riding with groups, communication – verbal & hand signals, proximity, Cyclists Code of Conduct	Sally Ham <i>BikePark</i>
14th Sept	3	Planning a cycling holiday	Options & planning: preparation, where, what, when, how, cost?	Peter Curtis <i>Audax</i>
21st Sept	4	Bike Set-Up / Fit	The bike for you, considerations and compatibilities	David Heatley <i>Cycling-Inform</i>
28th Sept	5	Family Cycling	Riding with your kids and/or spouse or partner Getting everyone ready – practical info for all Where to ride – bike paths, parks, roads	James Chong Sally Ham <i>BikePark</i>
5th Oct	6	Training for duration events	How to get yourself cycle fit for your event Nutrition	David Heatley <i>Cycling-Inform</i>
12th Oct	7	What are the rules?	What road rules apply to cyclist? - illustrated with amusing examples from Victoria Police	Arty Lavos <i>Victoria Police Bicycle Patrol</i>
19th Oct	8	Women Cycling	Put yourself where you can be seen Female bikes & seats Funky female cycling accessories Confidence & skills	Sally Ham <i>BikePark</i> Joyce Watts <i>Cyclestyles</i>