

Come on Ladies, join us for...

2015 Bike for Life





Bike for Life is an exciting programme being hosted by **Waterford Sports Partnership** this summer for Waterford women who want to participate more in regular physical activity. The programme will provide a safe environment for the participants to increase cycling confidence, meet and train, get fit and make new friends along the way.

The programme will commence on Wednesday July 1st - check out the schedule below ...

WEEK	DATE	TIME	VENUE	ACTIVITIES
1	Wednesday 1 st July	6pm	Regional Sports Centre	Introductory session, Bike Check, Pre-Bike for Life Questionnaire. Preparing for a ride, basic road skills. Short Ride (8-10km)
2	Wednesday 8 th July	6pm	Regional Sports Centre	Safely negotiating more complex road hazards (e.g. roundabouts, complex junctions, traffic lights). Ride (15km)
3	Wednesday 15 th July	6pm	Regional Sports Centre	Bike Skills. Riders will practice breaking, cornering and hand position on handlebars. Ride (20km)
4	Wednesday 22 nd July	6pm	Regional Sports Centre	Riding as a group. Ride (25km)
5	Wednesday 29 th July	6pm	Regional Sports Centre	Bike Skills. Riders will practice use of gears for efficient riding. Ride (30km)
6	Wednesday 5 th Aug	6pm	Regional Sports Centre	Bike repair, puncture and chain break. Ride (35km)
7	Wednesday 12 th Aug	6pm	Regional Sports Centre	Working together to regain a group after puncture etc. Ride (40km)
8	Wednesday 19 th Aug	6pm	Regional Sports Centre	Nutrition & Hydration. Ride (45km)
9	Sunday 23 rd Aug	9.45am	Dungarvan Sports Centre	Group to take part in a 50km Sean Kelly Tour Event

Cost of programme €30pp | Places limited | First come first served | Booking essential

To book your place please call Pauline Cunningham on (051) 849855
or email pcunningham@waterfordsportspartnership.ie