

Come on Girls, join us for...



Bike for Life is an exciting new programme being hosted by **Waterford Sports Partnership** this summer for teenage girls aged 16-18 years who want to participate in more regular physical activity. The programme will provide a safe environment for beginners to increase cycling confidence, develop bike handling skills, improve fitness and work towards the goal of completing the 50km Kelly Cruise. Participants will need their own helmet to take part but bikes will be available on loan if needed.

The programme will commence on Wednesday 9th July - check out the schedule below ...

WEEK	DATE	TIME	VENUE	ACTIVITIES
1	Wed 9 th July	6pm	St. Augustine's College	Pre-Bike for Life Questionnaire, Bike Check, Preparing for a ride 8-10km ride
2	Wed 16 th July	6pm	St. Augustine's College	Riding in pairs and in a group, 15km ride
3	Wed 23 rd July	6pm	St. Augustine's College	Bike Handling skills, use of gears, 20km ride
4	Wed 30 th July	6pm	St. Augustine's College	Bike handling skills, cornering and braking, 25km ride
5	Wed 6 th August	6pm	St. Augustine's College	Safely negotiating more complex road hazards (e.g. roundabouts, T- junctions, traffic lights), 30km ride
6	Wed 13 th August	6pm	St. Augustine's College	Bike Repair, puncture and chain break, 35km ride
7	Wed 20 th August	6pm	St. Augustine's College	Nutrition and Hydration for the 50km event, 40km ride
Sunday 24th August		9.45am	Dungarvan Sports Centre	Group to take part in the 50km Kelly Cruise - part of the Sean Kelly Tour of Waterford Event

Cost €30 pp | Includes 50km Kelly Cruise Entry | Places limited | Beginners Only

For more information or to request an application form, please contact Sarah Chadwick on (058) 21199 or 0864650063 or schadwick@waterfordsportspartnership.ie