

Come on Ladies, join us for...

2017 Bike for Life




**WATERFORD
SPORTS
PARTNERSHIP**
— SPORT IRELAND —

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 Tuesday June 20th - check out the schedule below . . .

WEEK	DATE	TIME	VENUE	ACTIVITIES
1	Tuesday 20th June	6pm	Greenway Car Park, Carriganore, WIT West Campus.	Introductory session, Bike Check, Pre-Bike for Life Questionnaire. Preparing for a ride, basic road skills. Short Ride (8-10km)
2	Tuesday 27th June	6pm	Greenway Car Park, Carriganore, WIT West Campus.	Safely negotiating more complex road hazards (e.g. roundabouts, complex junctions, traffic lights). Ride (15km)
3	Tuesday 4th July	6pm	Greenway Car Park, Carriganore, WIT West Campus	Bike Skills. Riders will practice breaking, cornering and hand position on handlebars. Ride (20km)
4	Tuesday 11th July	6pm	Greenway Car Park, Carriganore, WIT West Campus.	Riding as a group. Ride (25km)
5	Tuesday 18th July	6pm	Greenway Car Park, Carriganore, WIT West Campus.	Bike Skills. Riders will practice use of gears for efficient riding. Ride (30km)
6	Tuesday 25th July	6pm	Greenway Car Park, Carriganore, WIT West Campus.	Bike repair, puncture and chain break. Ride (35km)
7	Tuesday 1st August	6pm	Greenway Car Park, Carriganore, WIT West Campus.	Working together to regain a group after puncture etc. Ride (40km)
8	Tuesday 8th August	6pm	Greenway Car Park, Carriganore, WIT West Campus.	Nutrition & Hydration. Ride (45km)

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

BOOK YOUR PLACE NOW on WWW.EVENTBRITE.IE

For more information please call **Pauline Cunningham** on **0761 10 2682**
or email pcunningham@waterfordsportspartnership.ie



www.waterfordsportspartnership.ie



Waterford Sports Partnership - Supporting Activity and Sport for All



www.getirelandactive.ie