

Come on Ladies, join us for...

2017 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 Thursday June 22nd - check out the schedule below ...

WEEK	DATE	TIME	VENUE	ACTIVITIES
1	Thursday 22 nd June	6pm	WCCC Car Park (opposite Motor Tax Office, Dungarvan)	Introductory session, Bike Check, Pre-Bike for Life Questionnaire. Preparing for a ride, basic road skills. Short Ride (8-10km)
2	Thursday 29 th June	6pm	WCCC Car Park	Safely negotiating more complex road hazards (e.g. roundabouts, complex junctions, traffic lights). Ride (15km)
3	Thursday 6 th July	6pm	WCCC Car Park	Bike Skills. Riders will practice breaking, cornering and hand position on handlebars. Ride (20km)
4	Thursday 13 rd July	6pm	WCCC Car Park	Riding as a group. Ride (25km)
5	Thursday 20 th July	6pm	WCCC Car Park	Bike Skills. Riders will practice use of gears for efficient riding. Ride (30km)
6	Thursday 27 th July	6pm	WCCC Car Park	Bike repair, puncture and chain break. Ride (35km)
7	Thursday 3 rd August	6pm	WCCC Car Park	Working together to regain a group after puncture etc. Ride (40km)
8	Thursday 10 th August	6pm	WCCC Car Park	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