



## Cycle Coaching (and it's free!)

Are you interested in improving your :

- Bike handling techniques?
- pedaling, cornering and gear selection?
- Group Riding techniques?
- Learning in a safe, local environment in a small group with tailored sessions?

Where?

Coaching sessions will use the Inverness UHI Campus for the coaching sessions- using large grassy areas, pathways and traffic free roads to practice the bike handling, core cycling and group riding techniques.



## When?

It is planned to do the sessions at 8:30 AM on the following Sundays (frost/ice permitting):

7 November

21 November

5 December

12 December

2 January

9 January

Each session will last 60 minutes, including warm up/cool down. The sessions will be linked and build upon each other. Not the end of the world if you miss one but for best effect great if you can attend all of them. They will be tailored to attendees. Latter sessions may start a bit later depending upon light. Mountain bike, gravel bike or road bike with tyres suitable for grass all ideal.

## Your Coach

MFCC member and qualified British Cycling L1 coach Andy Cowie. These sessions will also enable Andy to upgrade to L2 so it's a win-win!



## What Next?

If you'd like to attend please drop Andy an email at [cowie638@icloud.com](mailto:cowie638@icloud.com) by 3 November (for first session)

These sessions are run under British Cycling regulations/insurance cover so **pre-registration is necessary**- First come first served. Just one form to fill in for attendees!