Road cyclist's improvers' sessions at Marsh Tracks

Starting Thursday 18th September
7pm -8:30pm for six weeks.
These sessions are intended to give you

- Bike handling skills including gear selection cornering and braking.
- The skills to ride safely and communicate on a group ride.
- The ability to check that your bike is safe to ride and every day maintenance training.
- We will cover how to get home if it breaks.
- The buzz of riding in a chain gang .
- A little more fitness and the knowledge that you need to train and achieve your cycling goals next season.
- The option to continue training in our regular sessions at Marsh Tracks.

Costs for the course £25 for the 6 weeks
or £5 per session
to book or for more info email
info@marshtracks.co.uk