

Get Into Road Racing (GIRR)

September 2017



Road cycling has something for everyone... If you've considered road racing but don't have the knowledge or confidence, then this course is for YOU.

Eastern Vets Cycling Club is running a 4 week introductory course that provides all participants with the necessary skills and confidence to start competing in road cycling races.

This course is aimed at Female road cyclists over 30YO and Male road cyclists over 35YO with reasonable road cycling skills.

Your safety is our priority.

All EVCC road races are fully approved by Victoria Police and Local council with Traffic management including; traffic control, marshals and first aid officers.

What can I expect?

Over the four-week period starting at 8.30am until 9.30am, all participants will complete three weekly training sessions and a trial race supervised by two qualified coaches as follows;

- Week 1 – Sat 9th September – Introduction, safety & basic skills.
- Week 2 – Sat 16th September - Overview of a race, warm-up, where to position in a race, drafting, skills and techniques etc.
- Week 3 – Sat 23rd September – As per week 2 plus a short mock race.
- Week 4 – Sat 30th September – Warm-up & trial race with fellow GIRR's.

Where? METEC Driver Education Centre, Colchester Rd, Kilsyth, Victoria.

This is a “closed private” circuit, so no traffic.

How much does it cost? \$50 includes insurance, Off-road venue and coaching. ☺

Further Info: Contact Emma Smith, EVCC Vice President 0437 437 800 or at fortune5@live.com or register at www.easternvets.com



Registrations close Friday 3 September 2017 & numbers are limited!