

# 24hr race skills and preparation course

## Event Information

Michael Hanslip Coaching ([www.michaelhanslip.com](http://www.michaelhanslip.com)) is offering you the opportunity to learn what 24hr racing is all about, and how to get your body and your bike prepared for it. Courses will cover:

### Race skills course leading up to 24hr racing

Class 1 is bike set-up and basic cornering instruction (where to look, how to follow...) Weekend.

Class 2 is ascending (night session 1, gear selection, body position...) Weeknight.

Class 3 is descending (night session 2, pointing the lights, where to look, body position) Weekend– this session will include a demonstration from K-Lites prior to the ride.

Class 4 is dealing with "terrain" (ladder bridges, see-saw and dirt 'n' log jumps) Weekend – this session will include a bike maintenance session from Bike Culture.

### Bike setup and body posturing

This would start out as per the first beginner's class with a presentation on setting up your bike, but then there would be time for a quick run-down with each participant on their specifics. Maximum group of 10. Michael is also available for one-on-one fitting sessions if you have a particular issue you want to address.

### Stretch & Strengthening techniques

Two separate sessions covering stretching and strengthening, each about 75 minutes. Maximum group of 8. (Note we could run two or more sessions if there was enough interest)

**Filling in this application does not guarantee entry into the program. Payment needs to be processed and a confirmation email received by you to confirm your place.**

Sunday 15 August 2010 – 1300 to 1430  
Thursday 19 August 2010 – 1830 to 2000

Saturday 28 August 2010 – 1730 to 2000 (including light demonstration by K-Lite)  
Sunday 19 September 2010 – 1300 to 1600 (including bike maintenance session by Bike Culture)

Dates to be confirmed for the bike set up & body posturing and stretch & strength sessions

Stromlo Forest Park  
Uriarra Rd Stromlo ACT

## For More Information

Ph. Kris 0433 932 210

Email: [women@corc.asn.au](mailto:women@corc.asn.au)

## Application Form

Email or fax the following application form to [women@corc.asn.au](mailto:women@corc.asn.au) or 6222 2262

Name:	
Address:	
Age:	
MTBA Licence No.:	
Contact Numbers:	
Email Address:	

### Disclaimer and Conditions

1. All entrants acknowledge that they participate in the "24hr race skills and preparation course" entirely at their own risk.
2. I am aware that my participation in this activity will involve cycling on unsealed roads. I am also aware of the hazards that may be involved in such participation.
3. I agree to waive all and any claim that may arise from my participation in "24hr race skills and preparation course" from the representatives of Canberra Off Road Cyclists Inc.

Signature: .....

### Payment Details

Session	Cost
Skills Course	\$120
Bike Fit and Posturing Session	\$25
Stretch & Strength Session	\$50
<i>Package pricing</i>	
Skills Course and Stretch & Strength	\$150
Bike Fit and Posturing and Stretch & Strength	\$65
MTBA Day Licence (\$5 cost per skills course session)	\$20

Payment details will be sent in an email upon receipt of the completed form.

### Health/ Medical

Do you have any allergies, injuries or disabilities? Yes / No

- If Yes, please give details:

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Your cycling profile

- Previous Mountain Biking experience (please circle):  
*Beginner Intermediate Experienced Elite*
- Have you participated in (please tick):  
Mountain bike race?                      Road race?  
Another cycling event?                      Attended a previous CORC women's weekend or other CORC event?

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- Please rate your level of fitness on a scale from low (1) to high (5) (please circle):

1    2    3    4    5