



## Cycle Ed's 2010 SCOTT 24hr Information and Skills Sessions

Commencing Saturday 18th September to Tuesday 5<sup>th</sup> October, Cycle Education is running a multi-session **24hr information and skills sessions for the Scott 24hr**. These sessions will introduce and enhance your knowledge and skills to the fun factor of 24hr mountain bike racing.

The THEORY & SKILLS sessions are designed to inform, encourage and educate people into the sport of 24hr mountain bike racing.

The skills sessions may include but not be limited to: negotiating obstacles, riding endurance, cadence, pedalling technique, heart rate, balance skills, picking a line, climbing, descending and riding single track. Well also run our popular race simulation crits which includes several 'race leaders' passing, sudden stops, how to overtake or be overtaken during the race.

Our Instructors are some of Australia's colorful racing characters. Including Claire Whiteman - *2009 Australian Downhill Champion*, David Medlock – (single speed nutter) *2009 1<sup>st</sup> in 50K Angry Dr & Fling SS*. David White – 'MR' 24hr MTB Race Director guru and plenty of very experience cycling coaches & riders there to help assist, advise and give plenty of opinion on all the where, what and how's.

All sessions held at Stromlo Forest Park, meeting point at Pavilion office – located down stairs.  
Riding lights will be required for evening session.

### 1<sup>st</sup> Session: Saturday 18 September – day time

Instructors: Claire Whiteman, David Medlock, Raynie McNee, Pam Price.

2:00pm – 4:00pm (Sunset: 17:54)

Introductions / lights info / riding skills

### 2<sup>nd</sup> Session: Tuesday 21<sup>st</sup> September

Instructors: Claire Whiteman, David Medlock, Raynie McNee Pam Price.  
*Guest speaker:* David Medlock - Nutrition

5:30pm – 7:30 pm (Sunset: 17:59)

Introduction to 24 hr racing Nutrition / riding skills

### 3<sup>rd</sup> Session: Tuesday 28<sup>th</sup> September

Instructors: Claire Whiteman, David Medlock, Raynie McNee, Pam Price, David White.  
*Guest speaker:* David White – team dynamics & camp setup.

5:30pm – 7:30 pm (Sunset: 18:04)

Team dynamics / Camp set up / skills / night crit race

### 4<sup>th</sup> Session: Tuesday 5<sup>th</sup> October

Instructors: Claire Whiteman, David Medlock, Raynie McNee, Pam Price, David White.

5:30 - 8:00 pm (Sunset: 19:10) Daylight savings

1<sup>st</sup> tracks - Ride the new course I

**DOOR PRIZE:**

- All participants will go into a draw for a brand new set of cycling lights, drawn 18 September at Stromlo Pavilion: the new mtb light craze of [Nitelights](#) worth \$220.00 rrp with 900 lumen, that's bright! See Australian Mountain bike mag reviews.

**DISCOUNTS for Participants:**

- Cycle Ed's early bird payment save \$15.00.
- Onya Bike Civic service voucher discounts for participants \$45.00 ( RRP\$60 )
- Nitelights special offer: 900 Lumen light \$170.00 for participants ( RRP \$220 )

**COST:**

Registration price for the 4 week program is **\$145.00 inc gst**  
Early Bird discount: pay before August 31<sup>st</sup> cost \$130.00 inc gst

**BOOK ONLINE – [www.cycleducation.com.au](http://www.cycleducation.com.au)**

**\*\*Placement guaranteed once payment is received\*\***

For enquires please contact **Raynie** at [info@cycleducation.com.au](mailto:info@cycleducation.com.au) or go to [www.cycleducation.com.au](http://www.cycleducation.com.au)