



**NAOMH BARRÓG**  
CYCLING CLUB

## **Bike Skills Training Session**

**Where:** Corkagh Park Cycle Racing Track, Naas Rd, Bedleshill, Dublin

**When:** Sunday April 15<sup>th</sup> April, 10AM -2PM

**Why:** Improve members group riding skills

This is not to be missed. We have enlisted the help of Aidan Hammond and Michelle Crinnion in order to help us in our continuing efforts to improve our group riding skills. Limited places. This half day course covers the following:

- Bike 'M' Check
- Helmet, clothing and equipment check
- Group communication, ideal size and safety
- Group riding and 'up & overs'
- Singling out and returning to two abreast
- Eating and drinking while cycling in a group
- Looking behind individually and in a group – hand on shoulder
- Braking, gearing, balance, shoulder to shoulder riding
- Cornering: individually and in a pace line
- Newcomers to clipless pedals

**Aidan Hammond** is a level 3 Cycling Ireland Coach and a former A1 rider with several stage race titles and National Time Trial medals.

Aidan is also Ireland's most experienced bike fitter. Over the past 20 years he has fitted bikes at his bike fit studio for over 10,000 of Ireland's cyclists & triathletes, from novices to professionals.

As well as his bike fitting expertise Aidan is a qualified physical therapist, he can identify biomechanical muscle weaknesses or advise on injuries that a rider may have.

**Michelle Crinnion** is a level 2 cycling Ireland coach, coach tutor, physical therapist and former International road and mountain bike racer.