

About your cycling—please tick the boxes

1. Which of these statements best describes you:

- I can't ride a bike
- I can ride a bike but I'm not very confident
- I can ride a bike but I'm not confident enough to ride on busy roads

2. How often do you make a journey by bike?

- Never A few times a year or less
- A few times a month or less
- A few times a week or more

3. If you have made a journey by bike in the last MONTH, where were you travelling?

- Work School or college
- Services (shops, doctors, library etc)
- Visit friends or family
- Other
- I haven't made any journeys by bike

4. I would be interested in hiring a bike for the course

- Yes No

How did you find out about the course?

Please send the booking form to:

Transport Strategy, Rutland County Council,
Catmose, Oakham, LE15 6HP

Our adult cycle courses are run by qualified cycling instructors employed by Rutland County Council.



BORROWING A BIKE

We may be able to lend you a bike for the training sessions but you this **must** be arranged prior to the first session by emailing tbarnwell@rutland.gov.uk

Borrowing a bike is subject to availability plus a deposit which will be refunded in full after the last session, unless there is any damage to the bike.



Rutland County Council—
"Improving road safety for
—11"



**"GET CYCLING"
IN RUTLAND**

2014

FREE

**Cycling courses
for adults**



Rutland
County Council

GET CYCLING IN RUTLAND

Cycling is great fun—it can help you to get fit, save money on fuel and it's a more environmentally friendly way to make everyday journeys.

THE COURSE

The aim of the course is to develop your skills and confidence so you can cycle safely on and off the road. Training is delivered by a National Standard Instructor in two hour sessions starting in a traffic free environment up to a maximum of 3 sessions. You'll either have individual tuition or be in a small group with people of a similar skill level. As part of the course you will be taught how to do a basic bike check and maintenance.

COST

The cost is **FREE!** Don't worry if you don't have your own bike as bikes could be available to hire subject to availability.

For more information contact:

Transport Strategy on 01572 722 577 or email travel4rutland.gov.uk

DATES, VENUES & TIMES

Where possible we will try and arrange the training for a day, venue, and time that will suit you best.

The first session will be for 2 hours and off road. The number of sessions required will be assessed on an individual basis up to a maximum of 6 hours.

Participants will be encouraged to practice in between the sessions.



BOOKING FORM

(please complete one form per person in block capitals)

Name:

Address:

Tel:

Email:

Please indicate which day and time would best suit you:

Details of any existing medical condition which may affect you ability to ride: