

# AR Track Racing Cycling Day

Wales National Velodrome, Newport

Thursday 24th November 2011



The AR Track Cycling Day offers AR cyclists of all abilities the opportunity to ride and race on the indoor track of the Welsh National Velodrome. Open to all levels especially those with no previous experience of track cycling. Professional Coaches will provide the confidence and skills required to ride and race on one of the world's fastest indoor tracks in a fun and safe environment.

- Suitable for all levels of Cyclists – No track experience required

## Program

**9.00am** Meet at Velodrome reception, change and pick up hire bikes

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**9.30am** Initial introductions and rider briefing from the coaches.

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**10.00 – 12.00pm** **Track session 1:** Learn to ride the track & basic techniques including bunch riding

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**12.00 – 1.30pm** Lunch in conference room with de brief on morning, Q&A session & with coaches on all aspects of cycling including fitness & training nutrition, racing & mental preparation.

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**1.30pm** Return to track centre for rider briefing

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**2.00 – 4.00pm** **Track session 2:** Advanced track riding techniques and skills. Split into groups for racing.

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**4.00pm** Prize ceremony & debrief

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The coaching for the day will be provided by Fast Track Coaching. A collaboration between two of track cycling's most knowledgeable and experienced coaches David Le Grys & Lee Povey. They both have a track record of delivering high quality coaching and their athletes have had success at both national & international level. David and Lee are both successful competitors in their own right with a collection of titles to their credit.

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## Booking

- Thursday 24th November
- Newport Velodrome from 9.00 am to 4.00pm
- Lunch not included
- Stay at Hilton Newport for Dinner bed and breakfast on evening of 24th
- Cost £120.00 per head plus VAT.
- Sharing a twin room (may need to change depending on number of females)

## Costs

The total cost of the event is £120.00 per person plus VAT. Price includes cycling which covers the coaching, track hire and bike hire, one nights stay at the Hilton in a twin room which also includes Breakfast and a three course meal in the evening. Lunch is not included.

## Accommodation

Accommodation has been booked at the Hilton Newport which is 4 miles from the Velodrome.

The address for the Hilton is:

🏠 Hilton Newport Hotel, Chepstow Road, Langstone Newport, NP18 2LX

☎ (01633) 413737

**NOTE:** On confirmation of the booking more details will be provided of the day including information on equipment.

To book your place please contact:

**Louise Oliver**

**Email:** Louise@accessibleretail.co.uk

**Tel:** 01799 544901

All enquiries regarding cycling please contact:

**Jason Holden**

**Email:** Jason.holden@cwm.co.uk

**Tel:** 0207 494 6937

or **David McElhannan**

**Email:** David.McElhannan@sainsburys.co.uk

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