



# Introduction to cycle training

## Friday 27 August 2010

This two-hour session will check out your current cycling skills and show you the basics of looking after your bicycle.

It will be held at the Shirehall overflow car park (entrance off London Road near the Column, opposite the White Horse pub). There is room to park if you come by car.



Please fill in the form below if you would like to take part:

Name: .....

Address: .....

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email: .....

.....

Telephone number: .....

.....

I would like to attend (please tick one)

2:00 pm - 4:00 pm

4:30 pm - 6:30 pm

I cannot attend on that date but would like to be sent news of other dates.

The best times for me are:

Weekdays (am/pm)

Saturdays

Sundays

My cycling level at present is:

Can't ride a bike

Can ride a bike but don't own one

Not confident on a bike

Confident on a bike but not in traffic

Already cycle regularly and would like to learn basic maintenance

Other:.....

Any other comments/ suggestions?

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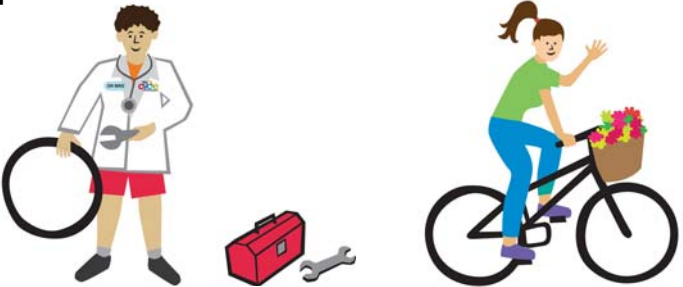
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**Please bring a bicycle, and a helmet if you want to wear one. If you would like to borrow a bicycle or helmet please let us know by Wednesday 25 August 2010.**

Once completed please return to:

**Cycle Shrewsbury**  
Shropshire Council  
Shirehall  
Abbey Foregate  
Shrewsbury  
SY2 6ND



If you would like more information please give us a call on 01743 255435, email [cycle.shrewsbury@shropshire.gov.uk](mailto:cycle.shrewsbury@shropshire.gov.uk) or visit:

[www.cycleshrewsbury.co.uk](http://www.cycleshrewsbury.co.uk)