

Saturday 9-12am Great Yarmouth Stadium

Ever wanted to try cycling but don't want to buy a bike until you have tried riding or worked out what type of bike is right for you? Concerned about learning new skills on the open road?

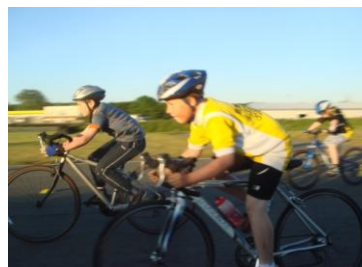
Then come and ride one of our top brand racing bikes under the helpful guidance of our coaches at the traffic free Great Yarmouth Stadium venue. Our unique **EasyStart** arrive and ride scheme means that's all you have to do - you don't need your own bike, helmet or fancy kit – just **arrive and ride** using ours!!

The **EasyStart** programme is a 4 session beginners programme for u12, u16 and adults commencing in November and March. You will learn the basic skills and tactics of cycle sport and you can test yourself with some racing. Places are strictly limited to ensure personal attention from our coaches and to maximise your time on our bikes. Designed to get you into cycling without hassle and unnecessary expense. Just arrive and ride and leave the rest to us!

Outside of the EasyStart programme dates, we hold fortnightly informal coaching, training and social events throughout the year for u12, u16 and adults. See website for dates and contact.



have fun.
get fitter.
be active.



Club Run Sunday 8.30 meet at Archers PH, Beccles Road

Club runs are leisurely social group rides run at the pace of the slowest rider to accommodate all ages and abilities. You will be amazed how many quiet country lanes we have around us that offer safe and peaceful riding.

Enjoy.

50 mile Group Endurance rides for intermediate and experienced riders.

Come and try one of our gruelling group rides and crave the achievement it will bring you!

Challenge.

Why join GYCC?

- **EasyStart beginners programme**
- **coaching** from British Cycling coaches
- **a safe off-road venue** ideal for novices and young riders
- **club runs** for social and relaxed riding
- **Pedal Revolution discount scheme** for members
- **weekly summer time trial race series**
- **club team** in the **Lotus Road Racing League**
- **free insurance cover** for club members on club events
- **free Bronze membership to British Cycling**

EasyStart Programme Registration Form

Participant Details: Name: _____ Male/Female: __ Date of Birth: __/__/__

Club (or school): _____ British Cycling Membership Number (if applicable) _____

Address: _____

Postcode: _____ Email Address _____

Home Tel No: _____ Do you have a disability? Yes/No. If yes, please give details of any additional support that may be needed:

Medical Information, e.g. Asthma: Please make a note below of any medical conditions you feel we need to know about.

Emergency Contact Details: Name: _____ Relationship _____ Telephone: _____

EasyStart Programme - please choose Autumn or Spring November 6th, 13th, 20th, 27th March 12th, 19th, 26th, April 2nd

Please choose your sessions: U12 sessions U16 sessions Adult sessions

Sessions Fees include the use of top brand GYCC Road Bikes, helmets, jerseys and all coaching. You just arrive and ride! Each session is approx 1 hour. Sessions cost £3 each or Free if you join GYCC (Adults £15, Concessions/u18 £7.50). Please make Cheques payable to GYCC and send to GYCC EasyStart, 150 Lowestoft Road, Gorleston-on-Sea, Nr31 6JA.

Consent: I fully consent to the above named person participating in the activities as stated and understand and agree that they do so under instruction by the coaches entirely at his/her own risk and to receive first aid or emergency treatment if the need arises. I have considered the nature of the sessions and am satisfied that my child/ child in my care (delete as appropriate) is sufficiently able to assume responsibility for his/her own safety under the supervision of the coaches.

Please tick the box if you DO NOT want any photos of your child taken for use in future promotional work or re-production on the web site

Signed(Parent/Guardian): _____ **Date:** _____