

## **Manchester Velodrome –Training Sessions**

**I have provisionally booked the following two dates for Manchester Velodrome**

- **Saturday 20<sup>th</sup> September 2008**      **Time: 4pm – 6pm**
- **Saturday 8<sup>th</sup> November 2008**      **Time: 7pm – 9pm**

These will be coached training sessions for **complete novice** to experienced track riders by me and a qualified coach from the Velodrome.

**Youths (12 years and upwards) and senior riders welcome.**

**Cost per Session will be:**

Session:    £10.00 per rider

Bike hire:   £9.50 (if required - please let me know as bikes need booking in advance)

Hire bikes are supplied with look Delta Shoes – you cannot take your own pedals.

Shoes can be hired on the day or adapters can be fitted to enable you to ride with toe clips.

If you have any questions regarding the sessions please do not hesitate to contact me.

**Places will be allocated on a first come first served basis – please book early to avoid disappointment.**

**Organiser: Cathy Morgan**

(Level 2 Coach Velo Club Lincoln and Trainee Level 2 Track Coach)

74 Main Street, Claypole, Newark, Nottinghamshire. NG23 5BA

Tel 01636 626 247

Email [cathy.timmorgan@btinternet.com](mailto:cathy.timmorgan@btinternet.com)

## Manchester Velodrome –Training Sessions

**Please book me onto the following session(s) at Manchester Velodrome**

Name:

Email:

Club:

Tel Home:

Mobile:

Please book me a track bike

NO / YES

Size \_\_\_\_\_

Have you ridden on Manchester before?

Yes / No

Have you ridden on fixed wheel before?

Yes / No

| Date(s)                        | √ | Cost per Session | Bike Hire<br>(if required) | Total Amount |
|--------------------------------|---|------------------|----------------------------|--------------|
| 20 <sup>th</sup> Sept 4 – 6 pm |   | 10.00            | 9.50 / NA                  | £            |
| 8 <sup>th</sup> Nov 7 – 9pm    |   | 10.00            | 9.50 / NA                  | £            |
| Total Amount Payable           |   |                  |                            | £            |

### Payment

**Please make cheque payable to Cathy Morgan**

Post to Cathy Morgan, 74 Main Street, Claypole, Newark, Nottinghamshire.  
NG23 5BA

Tel 01636 626 247

Email [cathy.timmorgan@btinternet.com](mailto:cathy.timmorgan@btinternet.com)