



University of
Reading

avanticycling

FREE Cycle Skills Sessions

Come along to one of our sessions to improve your confidence and experience the fun and freedom of riding a bike!

Students and Staff at Reading University can take advantage of **FREE training** being delivered by qualified instructors.

All levels of cyclist from complete beginner to advanced commuter will benefit.

Running through summer: **Wednesday 1st / 15th / 22nd / 29th August**
5th, 12th, 19th and 26th September

Back on Bike - Confidence Rides 2-3pm

For those who may not have cycled for some time or are nervous using a bike. Develop signalling, bike control, use of gears and initial advice for cycling on roads.

Bike Commuting Skills and Tips - Weds 3.30-5pm

More advanced cycling techniques - road positioning, dealing with junctions & roundabouts, local route planning. Also includes **UK Road Rules** for cyclists based on the Highway Code.

Explore Reading Guided Ride 5-6.30pm

Discover the best routes in and around town – and some hidden sights. With refreshments stop!!

All sessions meet outside Palmer Building Whiteknights Campus and start with a Bike Check and set up. Bikes can be made available if booked ahead.

Learn to Ride training for complete beginners also available on request

Places need to be booked in advance email

k.robertson@reading.ac.uk

Cycling benefits physical and mental health, helps reduce congestion, is non-polluting and saves you money – so why not give it a go!

Information on **Bike Maintenance** and other events supporting cycling at:

<https://sites.reading.ac.uk/sustainability/travel/cycling/>

Training is tailored to suit the experience of participants & is delivered by qualified Avanti Cycling Instructors.