

## FREE Cycle Skills Sessions

Targeted cycle training is a great way to improve your confidence and experience the fun and freedom of riding a bike!

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

Students and Staff at Reading University can take advantage of **FREE** training being delivered by qualified Avanti Cycling instructors. All levels of cyclist from complete beginner to advanced commuter will benefit. All participants will receive a **FREE set of Bike Lights!**

The following sessions are running every Wednesday throughout term time:

### **Back on Bike - Confidence Rides - Weds 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. Meet outside Palmer Building – session starts with Bike Check and set up.

### **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. Meet outside Palmer Building – session starts with Bike Check and set up.

**Learn to Ride training**: for complete beginners and Lunchtime /after work **leisure rides** also available

1-1 training from **London Road Campus** can be arranged on request.

To book a place or more information contact

[k.robertson@reading.ac.uk](mailto:k.robertson@reading.ac.uk)

In addition **Bike Maintenance**; workshops and other events supporting cycling take place throughout the year. For more information visit the Cycling pages on **UoR Sustainability/Travel** website