

# MOUNTAIN BIKE WORKSHOP

Join Hannele Steyn-Kotze and Chris Nel for a day of fun, and to learn the tricks to make you a confident mountain biker.

The workshop is designed for Ladies and Men, from beginner to intermediate, and will also suit those who are confident on their bikes but want to know more about nutrition and effective training.

## DATE:

SATURDAY, 10<sup>TH</sup> DECEMBER 2011  
@ 09H00

## VENUE:

COACHES CORNER  
POWER TRAINING STUDIO  
21 Clyde Street, Knysna



Chris Nel  
082-442-9937  
coachescorner@telkomsa.net

## SCHEDULE OF THE DAY:

09h00	Registration, coffee/tea
09h30	Bike set up – theory
10h00	Tech skills
10h30	Coffee/tea
10h45	Nutrition (general, racing & training, vitamin supplements)
12h30	Lunch
13h30	Training theory (heart rate monitoring and power training) Setting & achieving realistic goals
14h30	Bike maintenance & emergency repairs (punctures/snapped chain)
15h30	Coffee/tea
15h45	Equipment (tyres, lubes, sealant, clothing)
16h15	Tech demo and practice
17h30	Close

## Bring:

A notebook & pen, your bike and riding gear.

On Sunday 11<sup>th</sup> there will be a group ride at 07h00, and all participants from the Workshop are invited to join.

## COST:

R 450 per person  
Booking essential  
Lunch & refreshments included

To confirm your spot, please make a deposit of R 200 by the 5<sup>th</sup> December into:

Account: Coaches Corner  
Bank: Nedbank

Savings Account no: 2922118169  
Code: 198765  
Reference: Surname / MTBW.SHOP

For further information contact:

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