CYCLING FOR FUN
An 8 Week Program for Diabetics and friends commences Wednesday 5 April 2006

The Cycling for Fun program is aimed at providing diabetics and friends an opportunity to learn more about cycling as an enjoyable form of exercise and to participate in training sessions to develop their knowledge and skills of cycling. The course content will include information on how to manage diabetes whilst exercising in this way.

The program consists of classroom style sessions and a number of rides around the ACT lead by experienced riders. The program will run on Wednesday evenings and weekends over a period up to late May 2006. In total there are 12 sessions planned through about 8 weeks. Participants need to provide their own bicycle in serviceable condition and a helmet.

Sessions will include:

- Basic and practical skills development;
- Diabetes management whilst exercising;
- Bike mechanics at basic and more advanced levels;
- Body care essentials such as nutrition and stretching exercises;
- Panel discussions with experienced riders;
- A number of rides commencing at an easy 10-15km and extending over 4 graduated sessions to a 50km ride.
- Whilst the program is designed for diabetics, partners are friends are invited to join.

The program will commence on Wednesday 5th April at 6pm in the New Griffin Centre, Genge St Civic, with an introductory session and panel discussion. There will be a fee for the course which will include a year's membership of Pedal Power. The program is sponsored by Healthpact ACT to support diabetics thus non diabetics will pay a higher fee.

Register now or come along to the introductory night for more information and register on the night. (Please check the Timetable document also)

Cycling fo Fun Registration Form

Name: ……..
Address:……
Tel: ……Work……..Home…….……Mobile
Email: ……..
Pedal Power member: (circle) Yes/No
Attached is payment of the **course fee of $45 for diabetics, $95 for non diabetics**:
Cash or cheque made out to Pedal Power ACT Inc ,or,
Credit Card (Circle) : Bankcard Mastercard Visa

Card Number ……

Card Holders Name……. Signature……..

Pedal Power ACT Inc Tel: 6248 7995 Fax 6248 7774 Mail: PO Box 581, Canberra ACT 2601
Email: office@pedalpower.org.au Website: www.pedalpower.org.au