



Cycling for Fun – Proposed Timetable of Events - 2006

| Serial | Date/Time | Location | Activity | Presenter/s |
|--------|---------------------------|---|--|--|
| 1 | Wed 5 April 6.pm -8pm | Room 10 Level 2 Griffin Centre | Introduction, overview of course activities, equipment needed, diabetes management and exercise– panel discussion; | Dennis Puniard Speakers: Gil Cremer,diabetes education DA ACT Diabetics, riders |
| 2 | Sat 8 Apr 8.30am | TBA | Bike Checks and Basic Ride Skills and | Dennis Puniard, John Armstrong and experienced Pedal Power members |
| 3 | Wed 12 Apr 6-8pm | Room 10 Level 2 Griffin Centre | Body Care 1 - Basic nutrition and cycling gear (summer, winter and wet clothing lights, cycle computers ,etc) | TBC - nutrition; Dianne and Paul Truebridge |
| | | | Easter 14-17 May | |
| 4 | Wed 26 Apr 6pm to 8pm | Room 10 Level 2 Griffin Centre | Body Care 2– biomechanics (by a cycling-aware physiotherapist) Bike set up ; Diabetes management Pt 2 | TBC Maike Brille - physiotherapist Gil Cremer,diabetes education DA ACT |
| 5 | Sat 22Apr 8.30am | Acton Ferry terminal | Ride 1 – 10 to 20 km Lake ride on bike paths, coffee at Weston Park. | Leader: Dennis plus others |
| 6 | Wed 3 May Feb 6-9pm | TBA | Bike maintenance 1 (3 hrs) Bring bike, a cleaning rag, pump and disposable gloves (if you have some) | TBA |
| 7 | Sat 6 May 9am | TBA | Ride Skills (1.5 hrs each group, to be run one after the other from 9am) | John Armstrong ? |
| 8 | Wed 10 May 6- 9pm | TBA | Bike maintenance 2 (3 hrs) Bring bike, a cleaning rag, pump and disposable gloves (if you have some) | TBA |
| 9 | Sat 13 May 8.30am | TBA | Ride 2 – 20-25 km | Leader Dennis plus others |
| 11 | Wed 17 May 6-8pm | Room 10 Level 2 Griffin Centre | Cycle touring | TBC Paul and Di Truebridge |
| 13 | Sat 20 May 8.30am | TBA | Ride 3 – 30-40 km | |
| 14 | Sat 27 May | TBA | Ride 4 – 50 km | |
| 15 | Wed 31 May 6-8pm | Room 10 Level 2 Griffin Centre | Finale evening – celebration and feedback | Dennis |