

New Horizons

Program Information Sheet

Program 1-2018

New Horizons is a program for anyone 18 years or older who can ride a bike, but not very far and not with confidence, and who want to improve their cycling technique so as to be able to commute, go touring or just have fun on their bicycle.

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ABOUT THE PROGRAM

PROGRAM GOALS

By the end of the program, participants will have increased confidence and enjoyment in riding their bike through learning bike safety principles and bike handling skills. They will know how to look after themselves and their bike. They will be comfortable riding on bike paths and will develop road safety skills and traffic awareness in low traffic environments.

PROGRAM DATES

The next program runs from 14 March – 17 May 2018.

PROGRAM SCHEDULING AND SESSIONS

The program has both evening sessions and morning cycling activities, finishing with a back-to-back ride over two days. **More details are in the table below.**

YOUR CHOICE OF SESSIONS

You have the option of choosing between two programs. Both programs are identical in content but they run on different days of the week. Your options are:

Group 1 – Wednesday nights and Friday mornings

Group 2 – Thursday nights and Saturday mornings

You cannot interchange days, ie Wednesday nights and Saturday mornings. However, if necessary, you may be able to swap *an occasional* session during the program if the coordinator agrees.

WHAT DO YOU NEED?

Item	Details
Bicycle	<i>Essential</i> - In good working order and that has been serviced within 3 months of the program starting by a professional bike mechanic.
Helmet	<i>Essential</i> - Under three years old with no damage and complying with the Australian/New Zealand Standard.
Cycling Gloves	<i>Recommended</i> - Examples will be shown in an early classroom session
Cycling Nicks	<i>Recommended</i> - Examples will be shown in an early classroom session

WHAT TYPE OF BIKE CAN YOU USE?

New Horizons welcomes all types of bike providing they are in good working order. If you need a bike consider borrowing one for the course until you can discover what sort of bike you need for the kind of riding you want to be doing. However two things you need to be mindful of is that a borrowed bike still needs to have been recently serviced by a professional bike mechanic and the bike needs to be the correct size for you.

Need a new bike? There are many different types of bikes available today and it is a very personal choice – one size certainly does not fit all! When buying a bike there are many things to consider such as your height and size, what type of riding you expect to do and your budget. Visiting some of your local bike shops is a great place to start to get an understanding of what is available and, most importantly, what size bike frame would be best for you. There is lot of information on the web as well. So shop around, find yourself a bike shop where you feel comfortable and valued as a customer, and when it comes to bikes, you definitely 'get what you pay for'.

Hybrid Bikes are good for a wide range of uses. They are usually designed with comfortable seats and straight handle bars that give you a more upright position.

Road Bikes are designed for use on roads and sealed paths. They usually have narrow tires and are lighter than other types of bikes.

Mountain Bikes are designed for "off road" riding and are popular for riding on trails or mountain biking due to their durability. Mountain bikes are heavier than other bikes.

PEDAL-ASSISTED ELECTRIC BIKES

Pedal-assisted electric bikes are welcome on the program. However we will require the motor to be turned off for the majority of the riding activities throughout the program. Please keep in mind that electric bikes are heavier than standard bikes and can be harder to manoeuvre when the motor is turned off. If possible, we recommend you use a standard bike until your skills have developed further.

BIKE SERVICING

As mentioned above, you are required to have your bike serviced within 3 months of the program starting. The service needs to be undertaken by a professional bike mechanic. This is for your own safety and enjoyment of the program, as well as for others. At the first session you are required to bring the receipt for your bike service.

PEDAL POWER MEMBERSHIP

Participants will need to be, or become, members of Pedal Power ACT. The benefits of Pedal Power membership are many, including personal accident and third party insurance, the bi-monthly Canberra Cyclist Magazine, access to regular rides and cycling information as well as discounts at leading cycling stores.

If you are already a member, and your membership extends beyond the end of the program then you don't need to do anything. If you are not currently a member you can join when you register for New Horizons at a *discounted rate*.

PROGRAM FEES

The fee for New Horizons is \$275 payable when you register. You may be required to purchase additional cycling accessories for the program and these costs are additional to the program fee.

QUESTIONNAIRE

After registering for the program, you will be required to complete a short questionnaire about your previous riding experience and your health. If required, you will need to visit your GP or health professional to provide proof that you are fit and well enough to undertake the program.

REGISTRATION

You can register online or you can register for the program via the form on this document. Please complete the last two pages of this document and return them to the Pedal Power office. Please make sure you sign on the last page.

Email: office@pedalpower.org.au

Fax: 02 6248 7774

Mail: GPO Box 581 Canberra ACT 2601

In Person: Level 2, Griffin Centre, Genge Street, Canberra City (please call first to make sure a staff member is present as our office is not staffed full time)

REFUNDS/WITHDRAWALS






Should you apply for the program but be unable to participate, the program fee less 10% administration charges will be refunded if you advise the Pedal Power office at least one full week prior to the commencement of the program. If you withdraw less than one week before the commencement of the program or during the program, no refund will be given. No registrations can be deferred to a later course.









PROGRAM SCHEDULE - GROUP 1 WEDNESDAY/FRIDAY

PROGRAM GOALS

By the end of the program, participants will have increased confidence and enjoyment in riding their bike through learning bike safety principles and bike handling skills. They will know how to look after themselves and their bike. They will be comfortable riding on bike paths and will develop road safety skills and traffic awareness in low traffic environments.

Special days

Activity	Date	Time	Location	Comments
Classroom Session 1 <ul style="list-style-type: none"> Registration Introductions Basic bike fit Bike & helmet check 	Wednesday 14 March	Start 6.20 pm for 6.30 pm Finish 8.30 pm	Bike Culture, shop 7 5 Hibberson Street, Gungahlin	Bring your bike, helmet and receipt for recent bike service
Practical Session 1  Skills development  Ride 1	Friday 16 March	Start 8.30 am Finish 11.30/12.00 pm	Lyneham Hockey Centre car park	Practical riding skills <ul style="list-style-type: none"> Bike control Mounting/dismounting Braking & stopping Posture & pedalling Straight-line riding A short ride on bike paths
Classroom Session 2 <ul style="list-style-type: none"> Getting to know your bike Bike equipment & clothing 	Wednesday 21 March	Start 6.20 pm for 6.30 pm Finish 8.30 pm	Downer Community Centre, Frencham Place, Downer	Bring your bike and New Horizons workbook
Practical Session 2  Skills development  Ride 2	Friday 23 March	Start 8.30 am Finish 11.30/12.00 pm	Lyneham Hockey Centre car park	Practical riding skills <ul style="list-style-type: none"> Review of skills learned last week One hand riding/signalling Cornering Scanning Gears Group riding A short ride on bike paths
Classroom Session 3 <ul style="list-style-type: none"> Body Care (physiotherapist) 	Wednesday 4 April	Start 6.20 pm for 6.30 pm Finish 8.30 pm	PhysioSport 41A David Street, O'Connor	Bring an exercise mat or towel and New Horizons workbook
Practical Session 3  Ride 3	Friday 6 April	Start 8.30 am Finish 11.30/12.00 pm	National Rock Garden, Barrenjoey Drive, Yarramundi Reach	Riding activity: 18 km on bike paths
Classroom Session 4 Bike maintenance	Wednesday 11 April	Start 6.20 pm for 6.30 pm Finish 8.30 pm	Bike Culture, shop 7 5 Hibberson Street, Gungahlin	Bring your bike, tools (tyre levers), pump and an old sheet. Wear clothes that can get dirty.
Practical Session 4	Friday	Start 8.30 am	National Rock	Riding activity: Either 22 km






 Ride 4	13 April	Finish 12.00 pm	Garden, Barrenjoey Drive, Yarramundi Reach	or 30 km on bike paths
Make-up Practical Session  Skills development <i>This is an extra session for those who have missed a session or who want extra skills practice</i>	Tuesday 17 April	Start 5.30 pm Finish 7.30 pm approx.	Centre for Teaching and Learning carpark, 51 Fremantle Drive, Stirling (carpark on the BUPA side)	Review and practice of cycling skills covered in earlier sessions
Practical Session 5  Skills development  Ride 5	Friday 20 April	Start 8.30am Finish 12.30/1.00 pm	Stromlo Forest Park (off Uriarra Road)	Practical riding skills <ul style="list-style-type: none"> • Cornering • Scanning • Gears and hills • Riding safely with others • Traffic skills and riding on the road Short ride: 9 km, some on quiet roads (option of driving to coffee)
Practical Session 6  Ride 6	Friday 27 April	Start 8.30 am Finish 12.30/1.00 pm	National Rock Garden, Barrenjoey Drive, Yarramundi Reach	Riding activity: Either 19 km on bike paths or 40 km on bike paths and some roads
Practical Session 7  Ride 7	Friday 4 May	Start 8.30 am Finish 1.30 pm	National Rock Garden, Barrenjoey Drive, Yarramundi Reach	Riding activity: Either 33 km on bike paths or 48 km with some roads
Practical Session 8  Ride 8 <i>(Both groups combined)</i>	Saturday 12 May	Start 8.30 am Finish 1.30 pm	Eagle Hawk – car park behind the service station	Riding activity: <i>Option 1:</i> 50 km on country roads <i>Option 2:</i> 33 km on country roads <i>Option 3:</i> Further Horizons (about 30 km, on bike paths)
Practical Session 9  Ride 9 <i>(Both groups combined)</i>	Sunday 13 May	Start 8.30am Finish 12.30/1.00 pm	Tuggeranong College car park (off Cowlshaw St)	Riding activity: 33 km on country roads
Final evening – Celebration! <i>(Both groups combined)</i>	Thursday 17 May	Start 6.20 pm for 6.30 pm Finish 8.00 pm	Downer Community Centre, Frencham Place, Downer	Time for some fun, feedback and celebration Bring your New Horizons workbook









PROGRAM SCHEDULE - GROUP 2 THURSDAY/SATURDAY

PROGRAM GOALS

By the end of the program, participants will have increased confidence and enjoyment in riding their bike through learning bike safety principles and bike handling skills. They will know how to look after themselves and their bike. They will be comfortable riding on bike paths and will develop road safety skills and traffic awareness in low traffic environments.

Special days

Activity	Date	Time	Location	Comments
Classroom Session 1 <ul style="list-style-type: none"> • Registration • Introductions • Basic bike fit • Bike & helmet check 	Thursday 15 March	Start 6.20 pm for 6.30 pm Finish 8.30 pm	Bike Culture, shop 7 5 Hibberson Street, Gungahlin	Bring your bike, helmet and receipt for recent bike service
Practical Session 1  Skills development  Ride 1	Saturday 17 March	Start 8.30 am Finish 11.30/12.00 pm	Treasury car park Langton Crescent, Parkes	Practical riding skills <ul style="list-style-type: none"> • Bike control • Mounting/dismounting • Braking & stopping • Posture & pedalling • Straight-line riding A short ride on bike paths
Classroom Session 2 <ul style="list-style-type: none"> • Getting to know your bike • Bike equipment & clothing 	Thursday 22 March	Start 6.20 pm for 6.30 pm Finish 8.30 pm	Downer Community Centre, Frencham Place, Downer	Bring your bike and New Horizons workbook
Practical Session 2  Skills development  Ride 2	Saturday 24 March	Start 8.30 am Finish 11.30/12.00 pm	Treasury car park Langton Crescent, Parkes	Practical riding skills <ul style="list-style-type: none"> • Review of skills learned last week • One hand riding/signalling • Cornering • Scanning • Gears • Group riding A short ride on bike paths
Classroom Session 3 <ul style="list-style-type: none"> • Body Care (physiotherapist) 	Thursday 5 April	Start 6.20 pm for 6.30 pm Finish 8.30 pm	PhysioSport 41A David Street, O'Connor	Bring an exercise mat or towel and New Horizons workbook
Practical Session 3  Ride 3	Saturday 7 April	Start 8.30 am Finish 11.30/12.00 pm	National Rock Garden, Barrenjoey Drive, Yarramundi Reach	Riding activity: 18 km on bike paths

Classroom Session 4 Bike maintenance	Thursday 12 April	Start 6.20 pm for 6.30 pm Finish 8.30 pm	Bike Culture, shop 7 5 Hibberson Street, Gungahlin	Bring your bike, tools (tyre levers), pump and an old sheet. Wear clothes that can get dirty.
Practical Session 4  Ride 4	Saturday 14 April	Start 8.30 am Finish 12.00 pm	National Rock Garden, Barrenjoey Drive, Yarramundi Reach	Riding activity: Either 22 km or 30 km on bike paths
Make-up Practical Session  Skills development <i>This is an extra session for those who have missed a session or who want extra skills practice</i>	Tuesday 17 April	Start 5.30 pm Finish 7.30 pm	Centre for Teaching and Learning carpark, 51 Fremantle Drive, Stirling (carpark on the BUPA side)	Review and practice of cycling skills covered in earlier sessions
Practical Session 5  Skills development  Ride 5	Saturday 21 April	Start 8.30 am Finish 12.30/1.00 pm	Stromlo Forest Park (off Uriarra Road)	Practical riding skills <ul style="list-style-type: none"> • Cornering • Scanning • Gears and hills • Riding safely with others • Traffic skills and riding on the road Short ride 9 km, some on quiet roads (option of driving to coffee)
Practical Session 6  Ride 6	Saturday 28 April	Start 8.30 am Finish 12.30/1.00 pm	National Rock Garden, Barrenjoey Drive, Yarramundi Reach	Riding activity: either 19 km on bike paths or 40 km on bike paths and some roads
Practical Session 7  Ride 7	Saturday 5 May	Start 8.30 am Finish 1.30 pm	National Rock Garden, Barrenjoey Drive, Yarramundi Reach	Riding activity: Either 33 km on bike paths or 48 km with some roads
Practical Session 8  Ride 8 <i>(Both groups combined)</i>	Saturday 12 May	Start 8.30 am Finish 1.30 pm	Eagle Hawk – car park behind the service station	Riding activity: <i>Option 1:</i> 50 km on country roads <i>Option 2:</i> 33 km on country roads <i>Option 3:</i> Further Horizons (about 30 km, on bike paths)
Practical Session 9  Ride 9 <i>(Both groups combined)</i>	Sunday 13 May	Start 8.30 am Finish 12.30/1.00 pm	Tuggeranong College car park (off Cowlshaw St)	Riding activity: 33 km on country roads
Final evening – Celebration! <i>(Both groups combined)</i>	Thursday 17 May	Start 6.20 pm for 6.30 pm Finish 8.30 pm	Downer Community Centre, Frencham Place, Downer	Time for some fun, feedback and celebration Bring your New Horizons workbook

NEW HORIZONS APPLICATION FORM

Program 1-2018

Your Details

Full Name _____

Address _____

Suburb _____ State _____ Post Code _____

Telephone (H) _____ (W) _____ Mobile _____

E-mail _____

Your Date of Birth ____ / ____ / ____ Gender M / F

Group

Please tick:

Group 1 - I wish to attend Wednesday nights and Friday mornings

Group 2 - I wish to attend Thursday nights and Saturday mornings

Pedal Power Membership

Are you an existing Pedal Power Member Yes/No

If Yes: Membership Number _____ Expiry date ____/____/____

If No: Please tick the box below to join.

New Individual Membership \$64 (normally \$80)

If you would like a Household membership please contact the Pedal Power office or join at www.pedalpower.org.au.

New Horizons – Emergency Contact Details

Name _____ Relationship _____

Telephone (H) _____ (W) _____ Mobile _____

Conditions of Program/Waiver

All participants in the New Horizons program must agree to the following waiver before participating in the program.

I understand that cycling can be a hazardous activity, particularly in traffic or among pedestrians. I accept that when riding I am at risk and may suffer or cause injury or property loss or damage. I will take care to avoid injury or damage to others and myself.

I accept that Pedal Power limits its liability. It is a condition of participating in New Horizons program that I waive, to the extent permitted by law, any claim, right or cause of action which:

I personally; and

my heirs, executors and administrators

may have in contract and civil wrongs law, arising from any personal injury, damage or loss arising out of the program.

I accept that this release from liability operates in contract law in favour of Pedal Power ACT Incorporated, and all officers, members, volunteers and employees of Pedal Power and operates whether the damage is due to any act or neglect of any of them.

I understand that I should have my own personal liability insurance and accident cover and that current financial members of Pedal Power are covered by Pedal Power's third party legal liability and personal accident insurance policy as outlined in the insurance guidance.

I accept the conditions Signature: _____

Payment Details

Pedal Power Membership (see above)	\$
New Horizons Program	\$275.00
Total Due	\$ _____

Payment Method: Cash Cheque (made payable to Pedal Power ACT) Mastercard Visa

Card No: ____ / ____ / ____ / ____ Expiry: ____ / ____ CCV: ____

Cardholder Name: _____

Cardholder Signature: _____

Thank you for your application.
You will receive a confirmation email once your application has been processed.