



# Biking

## Family Bike Challenge 11 - Adult

A fun challenge session for the family to take part in. A chance to test your biking skills and see which generation is the biking champion. For up to 6 people per group.

Times: 1000 - 1300

Cost: £80.00 per group

| Dates  | Ref  | Dates  | Ref  |
|--------|------|--------|------|
| 09 May | TFB1 | 08 Aug | TFB4 |
| 13 Jun | TFB2 | 05 Sep | TFB5 |
| 27 Jun | TFB3 | 03 Oct | TFB6 |

Pre reqs: Biking experience

No award

## Coaching

### MIAS Level 1-2 Training 16+

Learn how to lead cyclists in both on and off road environments, allowing you to take groups into simple low-level terrain where help is almost immediately accessible.

Course fee includes MIAS registration.

Times: 0900 - 1700

Cost: £180.00

| Dates       | Ref  |
|-------------|------|
| 08 & 09 May | ZMT1 |
| 04 & 05 Dec | ZMT2 |

Pre reqs: Off road biking experience

Working towards: Level 1 Instructor

### MIAS Level 1 Assessment 16+

For those who have completed a MIAS training course and have the required logbook experience.

Times: 0900-1700

Cost: £80.00

| Dates       | Ref  |
|-------------|------|
| 21 Nov      | ZMA1 |
| 29 Jan 2011 | ZMA2 |
| 30 Jan 2011 | ZMA3 |

Pre reqs: Level 1 Training

Working towards: Level 1 Instructor