

# Discover Bike Right

## BEGINNERS CLINICS

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Learn the foundation of cycling which include the essential skills to cycle safe and in a comfortable way. Once you know how to 'bike right' we guarantee you'll have much more fun on the bike!

**Date & Time:** Please refer to our online calendar (please arrive 15min before the official start time)

**Location:** QCF Huts at Losail Circuit

**Cost:** 750 QAR per person (if you book and pay online)  
800 QAR on the day

**For who?** If you are brand new to cycling or recently started. Experienced riders that would like to refresh their skills (or check whether they are doing it right) are more than welcome.

**Type of bicycles:** Road, City or Mountain Bikes

### What will you learn?

- Learn how to cycle and be comfortable on your bike
- Correct bike set up and positioning
- Balance and coordination
- Braking, Pedalling and Gear Selection
- Learn how you can live a healthy lifestyle with cycling
- Learn how to use cycling to train for fitness

### Short descriptions of the sessions but not limited to:

#### **Session 1 (Friday) - 3hrs**

- Bike safety checks
- Correct bike set up and positioning
- Braking
- Mount and dismounting
- Correct pedalling techniques
- Cycling gear and clothing

#### **Session 2 (Saturday) - 3hrs**

- Balance and coordination
- Gear selections and accelerating
- Group ride practicing skills
- Nutrition & about the sport of cycling (short introduction only)

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**Discover how to Bike Right and experience the benefits of cycling as a sport!**

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