

Discover Bike Right BEGINNERS CLINICS

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)

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