

## Discover Bike Right

# INTERMEDIATE to ADVANCE CLINICS

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This clinic will help you develop advance riding skills and ride strategies which will help you to gain the knowledge and achieve the confidence to ride smarter.

**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?** For riders that would like to advance their skills and ride strategies. Participants should be comfortable riding on their bikes and in a group at a moderate to fast pace.

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

#### **Session 1 (Friday) – 3hrs**

- Bike safety checks (refresher)
- Correct bike set up and positioning (refresher)
- Advanced balance and coordination skills
- Advance bike handling skills

#### **Session 2 (Saturday) – 3hrs**

- Cornering
- Climbing tips (better and faster – theory)
- Sprinting and attacking (including tips for racing)
- Group riding (drafting and pace lining skills)

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

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