

# CYCLING SKILLS

FOR ADULTS



## JOIN US!

**A series of FREE sessions to improve skills and confidence, including group rides, training, puncture repair and bike loan. In a group or individual support. Suitable for beginners & improvers.**

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For more info or to register your interest please  
contact: [Annick.laroque@sustrans.org.uk](mailto:Annick.laroque@sustrans.org.uk)  
**or call / text 07824 863 032**

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