



## **Club Track Training at Calshot Southampton 2010/11**

Saturday 27<sup>th</sup> November 1.40pm to 4.40 pm

Saturday 18<sup>th</sup> December 11.50am to 2.50pm

Saturday 8<sup>th</sup> January 3.00pm to 6.00pm

Saturday 26<sup>th</sup> February & Saturday 26<sup>th</sup> March both 9.00am to 12.00 noon

These sessions will be open to all members, and will be ideal for someone who has not ridden the track before and wants to come along and learn.

The emphasis will be on learning to ride the track safely and competently in a group - yes, there will be some times when you will be required to work harder, but also times when you can have a bit of fun; after all, it will be winter then and not too many of you will still be racing. Depending on the take up, we can increase the intensity of the sessions in the New Year when some of you will be building up towards the new season.

Although booked for 3 hours, the first 2 hours will be for senior and junior riders (all abilities who have ridden the track before) and the last hour will be used for the younger school persons and any other riders who have not ridden the track before i.e. to get some experience before joining the earlier group at the next session.

If you don't have a track bike, these can be hired at the track, cost is £9.00 for seniors and £7.20 for juniors (u18). Currently you are allowed to change the pedals on the hire bikes so remember to bring your own pedals if you normally use clip-less pedals, as the hire bikes are all fitted with traditional clips and straps. However this ruling will be changing some time soon and the hire bikes will be fitted with "Look" pedals / a straps and clips converter and you will NOT be allowed to change them.

There are good changing / shower facilities at the track should you require these after the session.

**It is important that you pay for and get your place booked up in advance, as places will be made available to non club members 1 week before, ie you must have your place booked a minimum of 8 days prior to the session.**

Cost of main 2 Hour sessions

Club members -

Seniors £10 per session or £42.50 for all 5 paid in advance

Juniors £6.00 per session or £25.00 for all 5 paid in advance

U16's £4.00 per session or £17.00 for all 5 paid in advance

Members of other clubs seniors £12 per session, Juniors £6 per session, U16's £4.00 per session

Beginner / School persons 1 hour sessions

Club Members -

Seniors £3.00, Juniors / U16's £2.00

Member of other clubs Seniors £4.00 Juniors £3.00, U16's £2.00

For further details contact:

Graham Hurst 01202 579899 07538 375 441 [chairman@poolewheelers.com](mailto:chairman@poolewheelers.com)

Important all sessions should be booked in advance if you just turn up on the day you can **not** be guaranteed a ride



**Club Track Training at Calshot Southampton  
Booking form**

27<sup>27</sup> November 2010       18<sup>th</sup> December 2010   
8<sup>th</sup> January 2011       26<sup>th</sup> February 2011   
26<sup>th</sup> March 2011      

Please indicate above the session/s required

Payment enclosed for the above, £.....(Please make cheques payable to Poole Wheelers)

**Name**.....  
**Club** .....**Age if under 18** .....**DoB**.....  
**Address**.....  
.....  
.....  
**Telephone No**..... **Mobile**.....  
**e-mail**.....

**Emergency Contact Details**

**Name**.....  
**Address**.....  
.....  
.....  
**Telephone No**..... **Mobile**.....

All booking forms to be returned to  
Graham Hurst 15 De Courtenai Close, Bearwood, Bournemouth Dorset BH11 9PG