

# Skills, Courses & Sessions

*Are you new to cycling?*

Do you want to get back to the basics?

Do you want to prepare for an event you have committed to?

Do you want to **meet a great bunch of people**, have **lots of fun** & enjoy the real **social cycling experience**?

Feel more confident & safe on your pushie!

## ❖ 4 Levels of Skills Courses

Sara Carrigan Cycling (SCC) offers a variety of sessions and programs for varying abilities and ages.

<b>1-on-1 &amp; Private Group</b>	<ul style="list-style-type: none"> <li>You have never ridden a bike and you want to get started</li> <li>You want private 1-on-1 sessions (available at any level)</li> <li>You want private Group sessions (available at any level)</li> </ul>
<b>LEVEL 1</b> Introductory	<ul style="list-style-type: none"> <li>You want to overcome your nerves &amp; fears to feel more confident, comfortable &amp; safe on your bike</li> <li>You are getting on a road bike for the first time and/or using clip-in shoes for the first time</li> <li>You want to get back in touch with the basics &amp; correctly learn the riding techniques to build upon</li> </ul>
<b>LEVEL 2</b> Become Skilled	<ul style="list-style-type: none"> <li>You know some of the basics and want to further your skills, riding technique &amp; efficiency</li> <li>You feel ok with your clip-in pedals; you can use your gears but want to use them more efficiently</li> <li>You want to feel more confident and safe riding your bike on the road</li> </ul>
<b>GOforGOLD</b> Enjoy Riding	<ul style="list-style-type: none"> <li>You want to safely, confidently and comfortably ride your bike on the road &amp; with others</li> <li>You want to achieve improved fitness, endurance, road skills &amp; bunch skills</li> <li>You ride by yourself but wish to enjoy the social aspect of riding &amp; the fun of a friendly bunch</li> </ul>

## ❖ Cost, Where & When

	<b>1-on-1 PRIVATE GROUP</b>	<b>LEVEL 1</b>	<b>LEVEL 2</b>	<b>GOforGOLD Cycling Bunch</b>
<b>Type of bike</b>				
Hybrid, MtBike, RoadBike	✓	✓		
Road bike only			✓	✓
<b>Course Inclusions</b>				
SCC member discounts	✓	✓	✓	✓
SCC written notes	✓	✓	✓	✓
<b>Where</b>	By Appointment	GCCC*	GCCC*	Coffee Sisters**
<b>When</b>	By Appointment	6-10am Sat or Sun Refer to <a href="http://saracarrigan.com">saracarrigan.com</a> for course dates	6-10am Sat or Sun	5:15am-7am Tues & Thurs
<b>Length</b>	As required	4hrs	4hrs	1hr 45mins
<b>Structure</b>	1-on-1 or Private Group	1x 4hr Group Session (Sat/Sun)	1x 4hr Group Session (Sat/Sun)	Social Group Ride (free Coffee after)
Traffic-free riding	✓ (if required)	✓	✓	
On-road riding	✓ (if required)		✓	✓
<b>Cost</b>				
One-on-one	\$90 1 <sup>st</sup> hr (\$60/hr thereafter)	\$147	\$147	from \$20
Private Group session	\$140 1 <sup>st</sup> hr (\$40pp/hr thereafter)			

\*Gold Coast Cycling Centre (GCCC) - 1 Hope St, Nerang QLD

\*\*Coffee Sisters - 110 Monaco St, Broadbeach Waters QLD

Register here: [saracarrigan.com/rego](http://saracarrigan.com/rego)

## ❖ Course Information

**1-on-1 Sessions** (\$90 1<sup>st</sup> hr, \$60/hr thereafter) – [saracarrigan.com/PersonalCoaching](https://saracarrigan.com/PersonalCoaching)

Private sessions provide the opportunity for the instructor to assess, provide feedback and work on various facets of your cycling (skill, confidence, safety, strength, technique, etc) to gain improvements and/or anything in particular you would like to learn. These are conducted at the traffic-free Gold Coast Cycling Centre in Nerang or at a venue of your choosing. These can also be organised as a private group (\$140 1<sup>st</sup> hr, \$40pp/hr thereafter).

**Skills Courses: Level 1 & 2** (\$147 /4hr session) – [saracarrigan.com/skills](https://saracarrigan.com/skills)

These sessions are conducted at the traffic-free Gold Coast Cycling Centre and help people get going on their pushie with more confidence, technique and skill. The sessions are in small groups with a ratio of 3-4riders to 1 instructor to ensure maximal feedback. These sessions are generally great for anyone who is new to cycling, who wants to get back to the basics, who wants to prepare for an event they have committed to, and/or who wants to meet a great bunch of people, have lots of fun and enjoy the real social cycling experience!

**GOforGOLD Cycling Bunch** (from \$20/session) – [saracarrigan.com/GoldBunch](https://saracarrigan.com/GoldBunch)

The GOforGOLD Cycling Bunch is a group ride, which provides a structured, educational and social environment for riders to experience what 'proper' bunch riding is all about on the road. This is usually the follow on step for those who have completed a skills course or a 1-on-1 session but also for those who have done a lot of solo riding and now wish to join with many other individuals who share the enthusiasm, joy for cycling and commitment to positive lifestyle choices. Begun in 2009, the Gold Bunch is dedicated to a collective goal—providing a positive cycling bunch experience and creating a safer place for cyclists and motorists on our roads.

Register here: [saracarrigan.com/rego](https://saracarrigan.com/rego)

## About Sara Carrigan (OAM)

Sara Carrigan is an Olympic Gold Medallist who has enjoyed a successful professional cycling career of over 13 years, which commenced at the age of fifteen after being identified through a High School Sports Talent Search.

Some of Sara's greatest successes include winning the Gold Medal in the 120 km Road Race at the 2004 Athens Olympics Games, 2006 Melbourne Commonwealth Games medallist, two-time National Champion, World Cup winner, 12-time Australian Championship medallist, Australian representative at 8 World Championships, 2 Olympic Games (2004 & 2008) and 2 Commonwealth Games (2002 & 2006), being named Australian Female Road Cyclist of the Year 2002, 2003 & 2004, receiving the Order of Australia Medal (OAM) in the 2005 Australia Day Honours List, having a street named in her honour— Sara Carrigan Crt, and being inducted into both the Gold Coast & QLD Sporting Hall of Fame in 2012. Sara graduated from university with a Bachelor Business (RE & Prop Dev).

After announcing her retirement from professional sport in December 2008 following the Beijing Olympic Games, Sara founded 'Sara Carrigan Cycling' providing coaching clinics to recreational riders in a friendly, fun and safe environment to deliver rudimentary cycling skill courses, group rides and safety sessions for all levels of ability. Sara also coaches and mentors a range of athletes from junior talent right up to the elite level. Sara has completed her Level1 cycling coaching accreditation and has worked with both Triathlon Australia and Cycling Australia at World Championships, is a magazine columnist, sits on the board of Cycling Queensland, is an Executive Board Member of QLD Olympic Council, and is a member of the 'Sport and Technical Committee' of the 2018 Commonwealth Games.

Sara is one of Australia's most dedicated and passionate advocates of the sport.

