

# FREE 2020 ADULT CYCLE SKILLS

**When:** These are two separate morning sessions

**Where:** Paeroa, Thames, Morrinsville, Waihi, Ngatea, Whitianga, Matamata, Te Aroha, Whangamata

## Morrinsville

Tuesday, January 21st  
Tuesday, January 28th

## Thames

Thursday, January 23rd  
Wednesday, January 29th

## Waihi

Tuesday, March 17th  
Tuesday, March 24th






## Ngatea

Thursday, March 19th  
Friday, March 27th

Dates don't suit? Call to put your name down and our team will contact you when the next course is available



*Group sessions with maximum number of 12, booking is essential!*











-  You will need a road worthy bike and an approved helmet
-  Learn what 'Pedal ready' means
-  How to stay safe when your cycling
-  What to look for to check your bike
-  Designed for adults who can ride a bike













Phone **Thames-Coromandel District Council** on **07 868 0200** to book your space!

**Road Safety IS**  
**EVERYONE'S Responsibility**



-  'M' check your bike regularly - brakes, tyres, chain, reflectors and lights
-  Be pedal ready
-  Regularly check behind you
-  Work on your bike skills - practice the 5 L's
-  Be seen ~ wear bright clothing, lights and reflectors.
-  Ride at least one metre out from parked cars and watch for drivers opening doors.
-  Claim the lane when the road width requires it, or when you need to position yourself for a turn or roundabout.
-  Make eye contact with drivers
-  Scan ahead for potential hazards i.e. pedestrians, dogs, or drivers who have not seen you.
-  Know the road rules and follow them.

-  Be safe, Be seen
-  Be predictable
-  Be courteous
-  Be prepared
-  Communicate
-  Claim the lane
-  Expect the unexpected
-  Scan for hazards
-  Trip planning - less is best
-  Use your head

## More Information:

### For everyday riding tips:

[www.bikeready.govt.nz/adults/tips-for-everyday-bike-riding-beginners-to-advanced](http://www.bikeready.govt.nz/adults/tips-for-everyday-bike-riding-beginners-to-advanced)

### For more technical bike tips see the NZTA cyclists road code:

[www.nzta.govt.nz](http://www.nzta.govt.nz)

### Check out:

[www.nzta.govt.nz/walking-cycling-and-public-transport/cycling](http://www.nzta.govt.nz/walking-cycling-and-public-transport/cycling)

### To find a group/club in your region:

[www.cyclingnewzealand.nz](http://www.cyclingnewzealand.nz)

### For Hauraki Rail Trail status:

[www.haurakirailtrail.co.nz](http://www.haurakirailtrail.co.nz)

### To report a State Highway road hazard:

0800 44 44 49

### To report a local road hazard:

Thames-Coromandel District Council:

07 868 0200

Hauraki District Council:

07 862 8609

Matamata-Piako District Council:

07 884 0060

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