

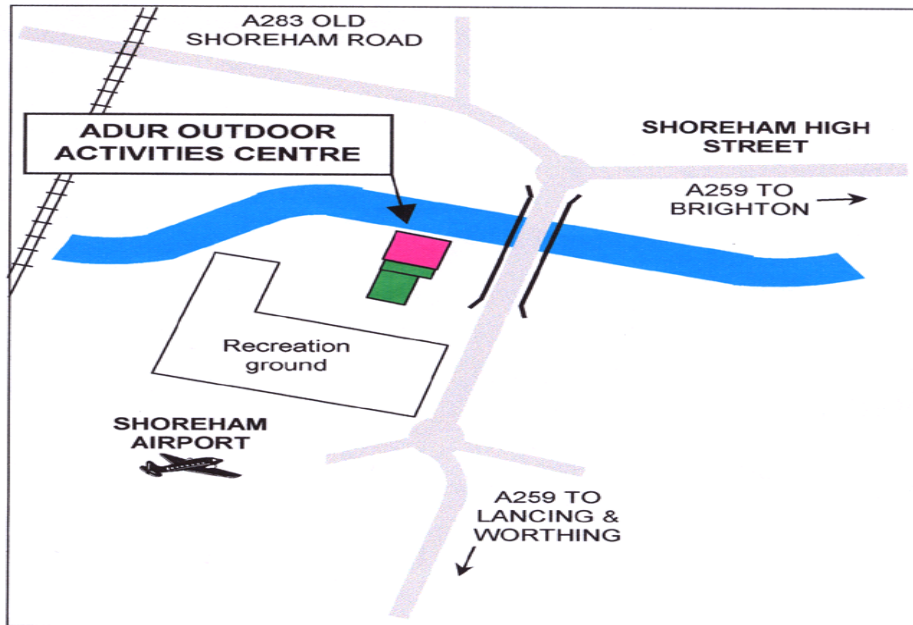


ADUR OUTDOOR ACTIVITIES CENTRE

USING THE A259 COAST ROAD: from the West; travel from Lancing & Worthing direction until the large roundabout next to Shoreham Airport. Take the 2nd exit & AOAC is the next turning left after the Dogs Trust (formerly NCDL) turning just before the Norfolk road bridge.

From the East, on the coast road from Portslade & Brighton, travel to Shoreham and cross over the Norfolk Bridge, continue for 1/2 mile to the Airport roundabout. Go all the way round and double back on yourself.

USING THE A27 from either direction: turn off on the flyover next to Lancing College by the River Adur and at the roundabout under the flyover follow directions to Shoreham (A283). Go straight over the first mini roundabout by the Amsterdam pub. At the next mini roundabout, turn right over the Norfolk Bridge, following the directions above.



MOUNTAIN BIKING & MAINTENANCE 2009

Issue 3
Jan - Mar 2009

Canoeing

Climbing



Mountain Biking

plus much more

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Mountain Bike (Off-Road Cycling) Leaders Award



Cycle Maintenance 2009



DATES	COURSE CODE	COST
Sat 7 th & Sun 8 th Feb	MTB 22	£99
Tues 7 th & Wed 8 th Apr	MTB 23	£99
Tues 28 th & Wed 29 th July	MTB 24	£99
Sat 10 th & Sun 11 th Oct	MTB 25	£99

This course is for adults who wish to lead groups in Off-Road cycling locally, and is validated by West Sussex County Council. This course is aimed at teachers, youth leaders or other adults interested in the leadership of groups off-road. This course addresses many of the problems specific to the use of mountain bikes, together with more general aspects of group leadership and making use of the environment for personal & social development.

The course is runs over 2 days and includes the following elements of training:

- **Group Control**
- **Navigation**
- **Access**
- **Rights of Way**
- **Route planning**
- **First Aid**
- **Riding techniques**
- **Equipment**
- **Basic maintenance**

MOUNTAIN BIKE TRIPS (9-18yrs)				
Dates	Times	Place	Course	Cost
Sun 25 th Jan	9am - 4pm	Friston Forest	MBT 143	£15
Sun 15 th Feb	9.30am – 4pm	Eartham Woods	MTB 144	£15

CYCLE SKILLS (9-18YRS)				
Dates	Times	Course	Course	Cost
Sat 14 th Feb	12.30-14.00	Cycle Skills	CS113	£8.50

Cycle skills are for young people who like to be more in control of their bike and will include:

- Slow speed manoeuvring*
- Balance skills*
- Front & rear wheel lifts*
- Power lifts*
- Bunny hops*
- Team races and other fun activities*

CYCLE MAINTENANCE COURSES

For those who are not so confident with cycle maintenance we offer two extra courses to help improve your skills and the courses are an optional add-on to the MTB Leaders course or you can attend them as a stand-alone course without attendance on the Leaders course.

DATES	TIMES	COURSE CODE	LEVEL	COST	AGE
Sat 24 Jan	9.30-12.30	CMJ 263	Level 1	£20	12-18yrs
Wed 18 Feb	9.30-12.30	CMJ 264	Level 1	£20	12-18yrs
Sat 24 Jan	13.30-16.30	CMA 267	Level 2	£27	Adults
Tues 17 Mar	18.30-21.30	CMA 265	Level 1	£27	Adults

If you book a Beginners (Level 1) and an Intermediate course (Level 2) together then the total cost is reduced to £50 for Adults or £38 for Juniors

The courses cover the following aspects of cycle maintenance:

BEGINNERS		
<ul style="list-style-type: none"> • <i>Setting-up bike & tool selection</i> • <i>Puncture avoidance and cures</i> 	<ul style="list-style-type: none"> • <i>Gear adjustments</i> • <i>Cleaning & Lubrication routine</i> 	<ul style="list-style-type: none"> • <i>Brakes adjustment & pad replacement</i> • <i>Other basic repair & adjustment tasks</i>

INTERMEDIATE		
<ul style="list-style-type: none"> • <i>Wheel truing</i> • <i>Hub adjustments & lubrication</i> 	<ul style="list-style-type: none"> • <i>Cassette adjustment & replacement</i> • <i>Headset adjustment</i> 	<ul style="list-style-type: none"> • <i>Bottom Bracket replacement</i> • <i>Gear & brake cable replacement</i>

Tea, coffee, soft drinks and biscuits will be available during the sessions.