

# Local Motion Cycle Training

For beginners, intermediates and families



# It's as easy as riding a bike!

## TRAINING FOR ADULTS AND FAMILIES

If you'd like to start cycling again, or improve your skills and confidence, help is at hand.

Local Motion can offer FREE cycle training with one of Darlington Borough Council's professional cycling instructors, who have the experience and qualifications to help give you the confidence to travel safely by bike on our roads.

We're offering cycle training to adults and families. This training will be tailored to your needs and given at a time and place to suit you.

### What standard do I have to be?

The training is suitable for anyone from absolute beginners to intermediates. It can be designed to help you cycle safely and confidently for leisure on 'off-road' cycle tracks, through to cycling on busy trafficked roads in the centre of Darlington.

### How will it work?

If you're interested, a Team Local Motion travel advisor can take your contact details and pass them onto one of our trainers, who will get in touch with you directly. Alternatively, you can pick up the phone and speak to Darlington's Cycle Training Co-ordinator on: 01325 388 717.

They will discuss your training needs and prepare a tailored package for you and arrange a date, time and place to meet for your first lesson. After lesson 1, you can discuss whether you would like more training or not.

### How much will it cost?

It won't cost a penny and for those of you who take us up on the offer and complete the lessons, we'll provide some tokens that can be put towards buying cycle accessories.



### What if my bike's not roadworthy?

When our trainer meets you, if you need it, they will give your bike a quick safety check and also check that the brakes, tyres, seat and so forth are set appropriately.

However, they won't be able to carry out any repairs. If you think your bike needs some minor repairs, you can take it in for a Bike Check at one of the town's cycling shops. We've already agreed discounts with several bike shops across town. (See opposite for help with getting your bike back on the road).

### What if I don't have a bike?

Our trainers are able to offer advice on buying a bike to suit your needs. Darlington Borough Council is also running a Bike Loan Scheme where you can borrow a bike, free of charge, for a month. If you then decide you want to buy one we will help. For more information on this, contact Greg McDougall on: 01325 388 721 or look at our website:

[www.dothelocalmotion.co.uk](http://www.dothelocalmotion.co.uk)

# It's as easy as riding a bike!

Local Motion has teamed up with local bike shops Iron Horse Cyclery and Bikesport. Each shop is offering 10% off repairs, 5% off new bikes and a free bike check for Local Motion supporters.

## **IRON HORSE CYCLERY**

10 Clark's Yard, Darlington, DL3 7QH  
t: **01325 284 500**

## **BIKESPORT**

100 Bondgate, Darlington, DL3 7LB  
t: **01325 352 255**

(Offers valid until end of December 2006)

For further information, or to find out how to become a Local Motion supporter, please contact Team Local Motion at the address on the back cover.



For additional information please contact:

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