

Join our **Free** Off Road Bike Riding Experience!

To celebrate the Commonwealth Games coming to Cannock Chase, the Virtual School have teamed up with Entrust to offer an exciting programme of events throughout the day!

Have fun, learn new skills, meet new people. All participants must be confident cyclists. Bicycles and helmets provided, bring suitable clothing and footwear. Minimum age 10 years.



Saturday 21st May 2022

John O'Leary Centre, Behind the Café, Marquis Drive, WS12 4PW

Refreshments available.

Activity Rides: For experienced cyclists.

- 10:00-11:00 Skills Session - Track Stands / Wheel lifts etc
 - 11:00-12:30 Family Ride - Fair oak Pools / Green Trails
 - 13:00-14:30 Guided Ride - Blue Trail
 - 14:30-16:00 Guided Ride - Blue Trail
- Maximum of 16 people per session

13.00-16.00 Disability Bike Riding

Try our adapted bikes: For young people and carers to try a variety of different bikes.

Maintenance Workshop: For young people and carers Bikes and helmets are not required.

Bike Maintenance Workshop run throughout the day covering:

- Puncture repair
- Basic Servicing
- Common faults
- Brake and chain repairs
- Cockpit adjustments
- M-Checks
- What to carry on a ride?

Trained staff on hand to help

Get involved? Book here.

Both consent forms must be completed