

MTB XC&Enduro Skills

Lysterfield February 2010



Max 6 Riders



Pat Fitzpatrick

Contributor to Australian Mountain Bike and Outer Edge magazines, Pat is your accomplished guide and qualified MTB coach.

Pat descends from an esteemed lineage of competitive cyclists, with more than 100 years of racing history in his family.

Coaching since 1999, Pat draws on over 25 years of race craft - having refined his skills and culminating his expertise in BMX, MotoX, MTB and Road cycling disciplines.

Pat now imparts his wealth of knowledge to others, fostering talent from beginners to Olympians.

Group Sessions

Saturday 13th February - Lysterfield

- 8.00 am - 12.00 pm Level 3 | Intermediate-Expert
- 12.30 pm - 4.00 pm Level 2 | Intermediate

Refer page 2 to determine your skill level

Cost: \$145pp

Special Offers:

- **\$10pp OFF** for SKCC Members & Full Gas Peddlers
- Bring a friend and receive a further **\$10pp OFF!**

Private Sessions

Includes:

- Your choice of trail network: You Yangs, Lysterfield, Yarra Trails, Wombat Woodend & Forrest.
- Performance set up & ergonomic bike fit.

Cost:

- 1 Rider = \$75 per hour
- 2 Riders = \$60 per hour pp
- 3 Riders = \$50 per hour pp
- 4 Riders = \$45 per hour pp

*Minimum 3 hours, maximum 4 riders



Email pat@rideinternational.com or call 0403 385 670 to reserve your place

Improve Your

- Up and downhill
- Cornering
- Rocks, bumps & obstacles
- Technical Terrain
- Braking
- Pedalling
- Body position
- Choice of lines
- Overtaking
- Power breathing
- Riding to your heart rate

Equipment

- Performance bike set up
- Maintenance
- Choose your accessories

Boost Your

- Confidence
- Comfort
- Bike handling skills
- Efficiency
- Speed
- Race craft

What To Bring

- Water
- Hydration Pack
- Nutritional Snacks
- Protective eyewear
- Helmet
- Gloves
- Spare Tube
- Multi-Tool
- Pump
- Sunscreen

Determine Your MTB Skill Level

Level 1 | Introductory

You are new to MTB or have been riding for some time, yet lack confidence in riding off road. You may experience fear of steep downhills and anxiety over riding loose, rocky or slippery terrain.

Level 1 is designed to build confidence through improving skills and technique on single, double tracks and fire roads. We are patient and affirming. We support you or hold your bike in balance as you practice challenging sections until you have enough confidence to do it on your own.

Riding up to 15km during the session.

Prerequisite: None **Fitness: Moderate**

Level 2 | Intermediate

You have been riding MTB for some time, yet experience frustration on uphill, downhill, rough and technical terrain. You want to improve your cornering and choosing your lines. You want to increase your efficiency, speed and overall confidence. You want to beat your riding buddies.

Level 2 is designed to observe your current riding habits and re-educate you on how to improve your technique and performance through the introduction and practice of new skills. We session challenging sections and offer support by standing by your side or holding your bike as you improve your confidence and skills on race course-type single, double tracks and fire roads

Riding approx 20km during the session.

Prerequisite: None **Fitness: Moderate - High**

Level 3 | Intermediate - Expert

You have competed or are competing in MTB races or have attended Level 2 MTB Skills Coaching and are ready for the next level. We build on your current foundation, further analysing and improving your riding style and giving you more to build on.

We work on more advanced moves, tricks and techniques that includes bunny hops, mono hops, front and back wheel hops, wheelies and traversing technical rock gardens. We session challenging obstacles, continuously refining your technique.

Riding approx 25km during the session.

Prerequisite: Level 2 MTB Skills Coaching | Competitor in MTB races

Fitness: High

Level 4 | Expert

You have completed Level 3 MTB Skills coaching and want greater focus on race craft and competition bike fit.

Prerequisite: Level 3 MTB Skills Coaching

Fitness: Very High

Level 5 | Elite

You are a proficient and technical rider who has completed Level 4 MTB Skills coaching. You want further enhance your MTB skills and tailor your coaching program to your specific race category.

Prerequisite: Level 4 MTB Skills Coaching

Fitness: Elite



Testimonials



"I learnt an incredible amount particularly about body positioning and weighting on the bike and by the end of the day was feeling much more like a mountain biker than a roadie on fat tyres! I raced the following day and was able to put in practice what I had learnt the day before.

Pat was incredibly patient and made the days a lot of fun. Not only did we work on skills but he also checked my bike set up and made changes to the cleat adjustment and forks. The attention to the smallest detail was great and I finished with a lot more confidence and full of handy race tips."

Sharon Laws

British Olympic Cyclist (Beijing, 2008)

2009 - 1st Place - Cape Epic MTB, South Africa



"What I liked most about Pat's approach is that he explains why you are doing something not just what to do..."

We had a group of mixed abilities and Pat was able to give all of us plenty of attention while ensuring that the fitter riders got a longer and harder workout...

Everyone was ecstatic with the improvements they had made."

Brad Davies

2009 1st Place - South Australian 24hr MTB Solo

2009 2nd Place - Kona 24-hour MTB Solo [behind current World Champion]



"I'm not too shabby a mountain biker (if I do say so myself) and he's improved my technique and hence speed by a tremendous amount (probably 20%) through only one session. Sometimes an old dog needs to relearn those basic tricks..."

Wade Wallace

CyclingTipsBlog.com

"Within ten minutes Pat was giving me all sorts of pointers on how to ride my MTB to take advantage of my hard won fitness ... Pat set my bike up correctly to give me a better position on the slippery trails. Instant improvement!"

Pat gently but enthusiastically made suggestions, gave me technical pointers and encouraged me to keep trying tricky parts of trail until I nailed them.

Gradually my speed came up, but most importantly, my confidence started to take off, as I started to understand what this was all about. As we got back to the car, I made the comment to Pat that I had learnt more in our time together than I have in the last ten years in my sport. And I stand by that.

I have been out on my MTB a few times since, and the lessons have stuck, the confidence has grown, and the skills he passed my way are becoming habits which will take my riding to another level of enjoyment.

Rob Croft

New Zealand Oceania Representative

