



## Pat Fitzpatrick

Your coach resides in Australia, frequents Asia and spends up to 6 months of the year in Europe hosting tours to major international cycling events.

He's a popular contributor to Cycling Tips Blog, Action Asia, Australian Mountain Bike, Enduro Mountain Bike, & Outer Edge magazines.

Pat's your accomplished guide and qualified cycling & MTB skills coach. He descends from an esteemed lineage of competitive cyclists, with over 100 years family racing history.

Coaching since 1999, Pat draws on over 30 years of race craft in the BMX, MotoX, MTB and Road cycling disciplines.

Pat now imparts his wealth of knowledge to others, fostering talent from newcomers to the sport, through to world class elite athletes and Olympians.

# MTB XC&Enduro Skills SINGAPORE FEB 2012

## GROUP SESSIONS (max 8 riders)

**Friday 3rd Feb - Level 1** [Introductory]

Bukit Timah & Beyond

8am - 11:30am: Includes 1hr bike set up + MTB Skills

**Saturday 4th February - Level 2** [Intermediate]

Bukit Timah & Beyond

8am-12pm: Includes 1hr bike set up + MTB Skills

**Cost:** SGD\$185pp

**Special Offers:** ANZA Members: SGD\$175pp

Singapore Hash members: SGD\$175pp

## PRIVATE COACHING

**Monday 6th - Friday 10th Feb** [all levels available]

- Includes advanced performance set up
- Ergonomic bike fit (static and en route)
- DVD helmet cam footage of your session

**Cost:** 1 Rider = SGD\$125 per hour

2 Riders = SGD\$75 per hour pp

3 Riders = SGD \$65 per hour pp

4+ Riders = SGD \$60 per hour pp

• Minimum 3 hours

• Riders under 14 accompanied by a paying adult receive 50% discount

Email [pat@rideinternational.com](mailto:pat@rideinternational.com) or call / sms +61 403 385 670 to reserve your place

# Testimonials



*"I'm not too shabby a mountain biker (if I do say so myself) and Pat'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



*"Pat has an amazing talent for analysing, distilling and translating the art of cycling... he's the best skills instructor I've seen and trust me, I have seen a few! ... If you want to improve any aspect of your riding, do a session with Pat... he'll have you flying in no time at all."*

**Petra Wiltshire - United Kingdom**

3 times UCI World Masters Downhill Champion [2010, 2007 and 2001]



*"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**

2010 5th Place - Solo 24-hour World Championships - Elite Mens - Canberra  
2009 1st Place - Solo 24-hour SA State Championships - Elite Mens - Adelaide



*"I learnt an incredible amount particularly about body positioning and weighting on the bike ... by the end of my first day, I was feeling much more like a mountain biker than a roadie on fat tyres! 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 ... I gained lots of confidence and was full of handy race tips."*

**Sharon Laws - United Kingdom**

2009 - 1st Place - Cape Epic MTB, South Africa  
British Olympic Cyclist [Beijing, 2008]

*"Within 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!... I had learnt more in our time together than I have in the last ten years in my sport. And I stand by that."*

**Rob Croft - New Zealand**

2009 Oceania Road Cycling Championships Competitor

*"Pat's the best return on investment... I got more speed and efficiency gains in one session with Pat than I did in all the thousands of dollars I've spent on my bikes."*

**Michael Walsh**

Entrepreneur. Director of ATR, Adelaide.

## 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, downhills, 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 (or) 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

