



NATIONAL TROPHY CYCLO-CROSS

**FREE
ADMISSION**

SATURDAY 17th

10:00 - 12:00 - Pendle Panther's Coaching

4 x 30 minute sessions to fit all abilities. Bike basics, pumping, jumping and tricks
These Session need to be Pre-booked (QR Code or see below*). All the proceeds to go to Pendle Panthers to help continue the work they do in the community and at the pump track at Barrowford.

13:00 - 15:00 - Go Velo: Learn to Ride

4 x 30 minute sessions aimed at children between 3-5 years old.
These Session need to be Pre-booked (QR Code).

15:00 - 15:30 - Phil's Drills

Fun exercises and stretches for kids of all ages to help stay fit, strong and race ready.
Delivered by **Hope Factory Rider Phil Pearce**. (no need to pre-book for this one)

15:30 - 16:30 - Beginner's Under 12 Race Sign On.

Collect your timing chip at the Academy Tent, and join us in decorating our bikes with Christmas Lights in the Academy Zone.

16:30 - 16:45 - Practise with the Pro's

Hope Factory Riders: **Phil Pearce** and **Victoria Peel** take you around the course sharing tips and advice along the way.

16:45 - 17:00 - Question time with the Hope Factory Team

Gather on the start line and get your questions answered by some of our top riders.

17:00 - Beginner's Under 12 Race Sponsored by Rolls Royce PLC

Deadline for entries **7th December**. Enter on the **British Cycling Website** (QR Code)
£1 Registration Fee.

17:15 - Under 12 Practice

17:30 - Under 12's Race Sponsored by Rolls Royce PLC

*All sign up links for pre-booked sessions and the races can be found on **@Hopeacademyuk** social media.

