

# UPGRADE YOUR CYCLING SKILLS FOR FREE



**County Rider**

**Derbyshire County Council is offering FREE 1-2-1 cycle training to adults who live, work or study in Derbyshire.**

The great thing about County Rider training is that it can be tailored to suit your needs. Your instructor will design a programme to suit you whether you're a complete beginner or an experienced cyclist who wants to become an even better rider.

The County Rider scheme offers up to four training sessions. The amount of coaching you need depends on your instructor's assessment of your skill level and what you want to achieve.

**More information**



[www.derbyshire.gov.uk/countyriders](http://www.derbyshire.gov.uk/countyriders)

Call **01629 538060**

Email [countyriders@derbyshire.gov.uk](mailto:countyriders@derbyshire.gov.uk)



 **DERBYSHIRE**  
County Council

Improving life for local people

