

UCDN TALKS & SEMINARS

When/where	Topic	Cost
Weds 10 th April, 7-8pm John Jarrold Suite, Sportspark	Structuring Cycle Training Former GB Para-cyclist Iain Dawson will be on hand to answer any questions relating to structuring your training ahead of the Great British Cycling Festival at the end of June.	FREE
Weds 22 nd May 2019 7-8pm John Jarrold suite, Sportspark	Riding safely in a group Nervous about riding in a group? Want to brush up on road riding skills? Led by Dr Paul Everden and Stuart Ingram this session is perfect for you. The session also involves a practical session on the athletics track.	Public: £6.00 UEA staff: £3.00
Weds 26 th June 2019 7-8pm John Jarrold suite, Sportspark	Q&A with pro racing cyclist - Cyclist TBC An opportunity to ask questions to pro cyclist (name TBC) competing in the Great British Cycling event and gain any last minute tips ahead of the British Cycling Challenge 100 Sportive.	Public: £6.00 UEA staff: £3.00
Friday July 19 th 2019 7-8pm John Jarrold suite, Sportspark	Nutrition for cyclists and Bike Fit Expert advice on offer from Sportspark nutritionists along with talks from Matt Jackson on Bike Fit.	Public: £6.00 UEA staff: £3.00
Weds 25 th Sept 2019 7-8pm John Jarrold suite, Sportspark	Avoiding and recovering from cycling injuries Come along and find out not only how you can avoid cycling injuries but also find out how to recover from injury. The talk will also include demonstrations by trained professions.	Public: £6.00 UEA staff: £3.00
Weds 23 rd Oct 2019 7-8pm John Jarrold suite, Sportspark	Bike maintenance Dr Bike and Dr Jamie Dalrymple will be on hand to ask questions and demonstrate how to maintain your bike, keeping it in good order for family cycling sessions and 100 mile Sportives.	Public: £6.00 UEA staff: £3.00
Weds 20 th Nov 2019 7-8pm John Jarrold suite, Sportspark	Indoor cycling Cycling legend Tom Levy who has been personal trainer for nearly a decade and competed internationally in triathlon, representing Great Britain in 2016 at both the European Middle distance championships and the World Long Course Championships will deliver this interactive session, involving a practical session in the indoor cycling centre.	Public: £6.00 UEA staff: £3.00

Updated 10th April 2019

Your hosts: UEA Cycle Development Network
Paul Everden, Mike van de Es, Michael Grey, Emma Mcmanus, Andy Loveday,
Jamie Dalrymple and Rose Davidson.