

# GEARING UP OFF-ROAD NOW AVAILABLE at TANAGH OUTDOOR CENTRE



At the launch of the new Gearing Up Off Road Programme at Tanagh Outdoor Education & Training Centre, last week, were some of the new instructors with Cllr Seamus Coyle, chairman of the Board of Management, Michelle Forester, Manager, Tanagh Outdoor Education & Training Centre and Ian Bailey, Rock & Ride Outdoors.  
©Rory Geary/The Northern Standard

Last week a team of eight Tanagh Instructors basked in glorious winter sunshine as they were put through their mountain biking skills by Top Class mountain bike rider Ian Bailey from Rock & Ride Outdoors.

Tanagh Outdoor Education & Training Centre and their team of Instructors are now qualified and ready to deliver Cycling Ireland's dynamic and very exciting GEARING UP OFF-ROAD Programme.

This is a mountain bike skills programme designed to develop the skills needed to safely and competently enjoy mountain biking. It is action packed and fun aimed at beginner and intermediate riders. The programme is suited for Post Primary Students and another perfect way for schools to incorporate Well Being into their School day. The programme is also available to teenagers from our local community during holiday breaks and at weekend courses.

The programme deals with the specific fundamental skills required for cycling in an OFF-ROAD environment and aims to develop strong fundamental mountain bike skills.

Participants in GEARING UP OFF ROAD will learn cycling skills, build confidence, develop

teamwork and learn about respect and enjoyment for the outdoors. Some of the skills covered in the programme include: Bike check and set up, getting on and off your bike, braking and controlling your speed, using gears, shifting your weight on the bike, awareness, cornering, front and rear wheel lift, track stand, puncture repair and maintenance, cleaning and looking after your bike and most importantly putting all the skills together so you can hit the trails!

The delivery of the programme will be based at Tanagh Outdoor Education and Training Centre. The programme is flexible and can be covered in 9 hours. All bikes and helmets are provided by Tanagh OETC. Due to the nature of the course, Tanagh can offer 16 spaces on each course.

If you just wanted a taster session of the Gearing Up Off Road, Tanagh can offer you a taster course which is an introduction to mountain biking and will cover some of the skills on the syllabus. This taster course is about seeing if people are interested in going on and completing the 9 hour programme.

All secondary school students love mountain biking regardless of the weather, in fact the muckier the track the more they love it. Mountain biking is a great life-

skill.

Mountain biking offers the potential for greater skill development than any other cycling discipline. Consequently most riders will need to devote considerable thought, energy and practice time to the skills covered in the Gearing Up Off-Road programme.

At the end of the course, if learning all of the skills above and having fun with your friends wasn't enough, you will also receive your own logbook to help progress through each skill session. On completion you will also receive a Gearing Up Off Road certificate.

Further details are available from Tanagh Outdoor Education and Training Centre at 049 5552988 or [info@tanaghoutdooreducation.com](mailto:info@tanaghoutdooreducation.com)

Now taking bookings for the Easter Gearing Up Off-Road Programme, 5th - 6th April, 9.30am-2.30pm on both days, suitable for those aged 12-16yrs. Book early to avoid disappointment. Watch this space for adult courses throughout the year. Secondary Schools should contact the office to book a course on a date that suits the school timetable.