

TOQUE COACHING

Private Skills Clinics

Styles of Session:	Road, Mtn. Bike, Cyclocross, Track Velodrome
Areas for Improvement:	<p>Cornering:</p> <ul style="list-style-type: none"> • Wet vs. Dry conditions • Tight vs Open • Group Cornering • Descending <p>Group Riding</p> <ul style="list-style-type: none"> • Scanning • Partner Riding • Water Bottle / Feeding • Etiquette <p>Racing</p> <ul style="list-style-type: none"> • Sprinting • Leadouts • Breaking Away • Descending
Meeting Locations:	<p>Vancouver</p> <ul style="list-style-type: none"> • Queen Elizabeth Park • Jericho Beach • Iona Beach • Stanley Park <p>North Vancouver, Burnaby, Port Coquitlam, Lower Mainland</p> <ul style="list-style-type: none"> • At your request • *Extra charge for travel time

Skills Clinic	
Duration	60 minutes
Price / Hour	\$120
# of Participants	1-4 riders
Total Cost	\$120 OR \$30 / person (group of 4)

Guided Riding & Interval Session	
Duration	60 – 120 minutes
Price / Hour	\$60
# of Participants	1-6 riders
Total Cost	\$60 OR \$10 / person (group of 6)

Contact Ben Chaddock via email: toquecoach@gmail.com to learn more.

