



Pedal Ready – Get the Knowledge – For Free!

Pedal Ready | Cycle training provider in the urban environment

In addition to the loan bike, accessories and support from the Bike Boost team you now also qualify for a free personal cycling expert, worth up to £100!

Why do I need a personal cycling guru? I know how to ride a bike!

- Route advice
- Maintenance tips
- ‘The Knowledge’ – see below
- Hill climbing advice
- Cycle routes – yes or no?
- Hazard avoidance
- Road skills training – more than halves the risk of collisions
- Anything else? Just ask – we’ll probably be able to help.

Pedal Ready cycling cooperative are funded by Sheffield Council, the NHS and others to help get more people cycling, more safely, more often. Many of Sheffield’s new cyclists were inspired or helped by Pedal Ready, and while cycling has gone up by 70% since Pedal Ready started a few years ago, the number of injuries to cyclists on Sheffield roads has **gone down** by 10%.

I can’t ride. How can I cycle to work?

- Learn to Ride sessions – we can help get you started, even if you’ve never cycled before
- Once you’re on your way, we can usually offer a follow on session to help you get where you want to go

I’m not cycling on my own with a Sheffield version of Lance Armstrong!

- Do it with a friend! We can arrange dual or small group sessions. Get together with a few mates and take it from there.
- We have male and female instructors; all are friendly, patient and understanding. (And only one or two are remotely Lance-like)

Ok, I’ll give it a go. So, what’s ‘The Knowledge’?

Many new cyclists feel intimidated by traffic, and unsure of how to deal with it. Even regular cyclists will often remember drivers who came too close, or seemed to turn without looking.

Pedal Ready are professional ‘Bikeability’ cycling instructors – like Advanced Driving, but for cyclists. We can teach you how road positioning, observation and good communication can reduce or remove those scary moments and make your cycling hassle free. What’s primary position? How do you literally negotiate your way through a chicane? When do you need a lifesaver check? Find out, and see how it can make you stop snarling and start smiling!