



STRAVA YOUR WAY INTO THE GIANT-TIS RACING TEAM MENTORING PROGRAM



Presented by:



Supported by the Tasmanian Institute of Sport



GIANT-TIS RACING TEAM MENTORING PROGRAM

Calling riders under 15 years

Show us your stuff on Strava and enter selection for the Giant-TIS Racing Team Mentoring program.

With access to state coaches, team athletes, shared training and racing - this is a talent development program that provides you with everything you need to prepare for a future in endurance racing.

Read up below, grab your bike, test out your Strava segment - and show us what you're made of!

What is the Strava Challenge?

The TIS Racing Team is seeking male and female riders aged 14-15 years with a passion for riding. To be considered, simply register (details below), complete one of the three Strava challenge courses in the month of April and log it on your Strava profile.

Top riders will be shortlisted to test for one of six places in the program which comes with a Giant or Liv road racing bike.

Who Can Participate?

The Giant-TIS Racing Team Strava Challenge is specifically for female and male riders aged 14 to 15 years. No racing experience is required.

How do I Enter?

- Register for the Strava challenge by filling out your details here: <https://goo.gl/KPx95a>
- Download the Strava app to your smartphone
- Complete one of the three designated courses and record to Strava ASAP
- **Save the ride to your Strava account**

For best results start recording the ride before you start pedalling and stop recording at least a few metres after you have finished. Strava will provide the time for the course / segment we're looking at – so don't worry about being too precise.

Can I Attempt the Course More than Once?

You can attempt the course or multiple courses as many times as you like over the month of April. Your best attempt will count.

Where are the Courses?

There are three eligible courses across Tasmania.

South



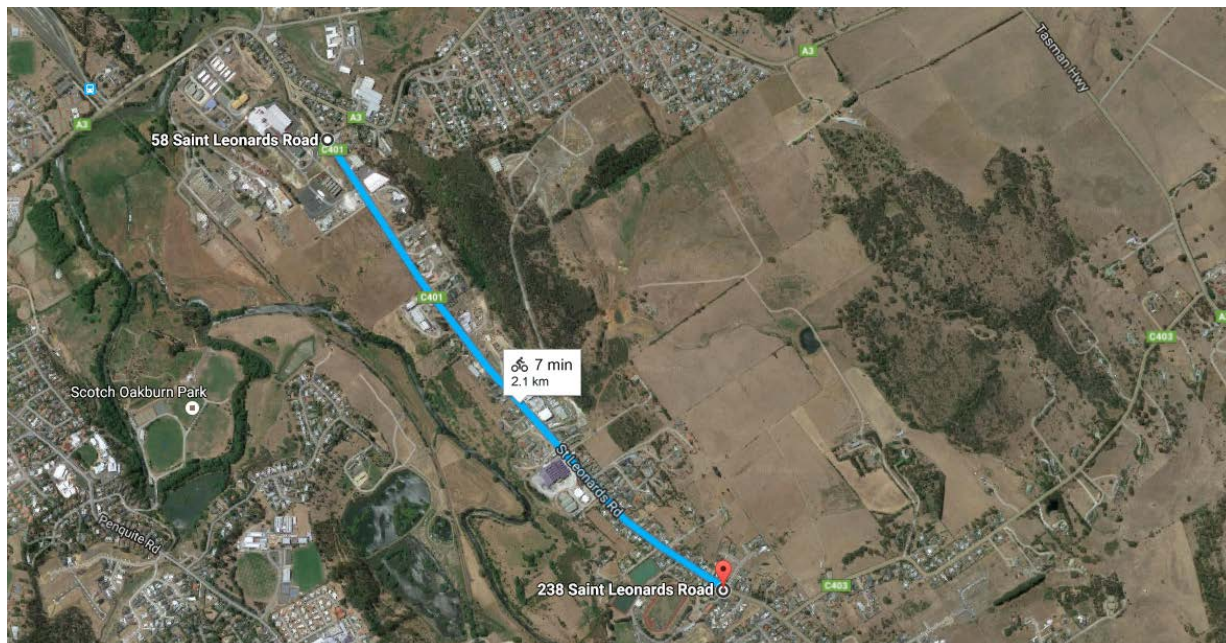
The Southern Course runs along Pittwater Rd, Cambridge. The course commences at the Surf Rd intersection and finishes 400m before The Pines Landscape and Garden Supplies.

North West Coast



The North West Coast course runs along Penguin Rd, West Ulverstone. The course commences at the Blue Wren Tea Gardens sign and finishes at the corner of Penguin Rd and Clara St

North



The Northern course runs along St Leonards Rd, Launceston. The course commences at the intersection with Board Mill Dr and finishes at St Leonards Sport Centre sign

What is the Giant-TIS Racing Mentoring Program?

In partnership with Giant Bicycles Australia, the TIS Racing Team is offering the opportunity for talented young riders to be mentored by TIS Racing Team Athletes.

The selected participants will be presented with:

- Giant or Liv racing bike with Shimano 105 group set
- Giant-TIS Racing Team mentoring program cycling apparel
- A rider profile on the TIS Racing Team web site
- A TIS training peaks account
- VIP cycling licence supplied by Cycling Tasmania for 12 months

DEVELOPMENT ACTIVITIES

- You will be paired with a TIS Racing Team athlete – your mentor
- Together with your coach, you will meet with a TIS Racing Team coach and your mentor to set goals for the year
- TIS coaches will assist with training program preparation if requested by your coach (or the TIS will provide you with a coach)
- You will join TIS Racing Team athletes for a training ride every month
- Following each ride, you will debrief with your mentor who will provide support and guidance
- You and your mentor will stay in touch via social media and SMS

RACING AND COMMUNITY RIDES

- Your mentor will provide support at club racing and Christmas carnival racing
- You will be part of the TIS Racing Team for Cycling Australia-sanctioned community rides including Sally's Ride (Tamar Valley Gran Fondo)

PARTICIPANT'S COMMITMENT

- You will be required to keep a log of activity on Training Peaks
- You will be required to write one short blog post per month (1-2 paragraphs) documenting your experience, progress and learning.
- You will be required to provide photos for social media activity

