

# FEET AND BODY BIOMECHANICS RELATED TO CYCLING



Come and attend an information evening with **Cycling WA** and **Perth Integrated Health Clinic (PIHC)** as we share with cyclists an understanding of the **importance of biomechanical stability for cycling**. This workshop is suited for the recreational/novice cyclist as well as the elite/racing cyclist. Open to all cyclists in the community. This is the third in a series of six workshops hosted by PIHC.

Facilitated by Ian Wee—PIHC Director & Cycling Coach & presented by **Jill Hunter**, Podiatrist and **Danae Beard**, Occupational Therapist. Both practitioners will present on simple and **practical ways** in which cyclists can **improve their overall body biomechanics** to ensure **better posture, efficiency of muscle use**, with better cycling results.

To reserve a seat please contact Jody at Cycling WA on 9328 3422

**Location:** Dept of Sport & Recreation, 246 Vincent Street,  
Leederville (parking along the road)

**Date:** Tuesday 7th July 2009 **Time:** 7.30pm

Further information: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)