



1-2-1 Adult Bike Tuition Case Study - Gill Renshaw

While growing up in the coastal town of Weymouth in Dorset, Gill Renshaw didn't learn to ride a bike. It wasn't an issue at the time and she didn't feel that she was missing out on anything.

With her own family however it has been different with her two sons growing up with bikes. Gill still found no incentive to learn to ride as her boys quickly became capable, independent cyclists. Her great love of the outdoors is fulfilled through her enjoyment of walking.

It wasn't until her youngest grandchild began cycling that she realised, while the rest of the family were out cycling, she was left behind. Even then it didn't really cross her mind to learn as she didn't think that courses for adult novices existed.

One day Gill discovered that a friend had booked on a course aimed at getting adults who hadn't ridden for a while back in the saddle. On further investigation she found out that tuition for the complete adult novice also exists.

Derek O'Connor was running a cycling programme for a local authority at the time. He now runs his own company called Pedalling for Pleasure which provides tuition for both complete beginners and those that are a bit rusty. He is a qualified National Standard Instructor and Trail Mountain Bike Leader.

So for Gill, cycling suddenly became a possibility. While a daunting challenge, it was something on which she had set her sights. It became her goal to learn before her 60th birthday.

The course comprises three separate sessions. No pressure is applied on the student to progress at any particular speed. Everyone has different strengths and weaknesses and the 1-2-1 format means that the course moves forward at a pace to suit the student.

With her effort and Derek's guidance Gill cracked it and guess what she got for her (60th) birthday? A brand new shiny bike!

Gill feels that it has changed her life: *"It's probably the hardest thing I have ever attempted to achieve but Derek's gentle understanding and patient manner meant that not only did I have to do this for me but also for him. I could never have succeeded without these lessons. It was hard but well worthwhile."*
