

Fundraising event helping Australian Cyclist Sarah Roy represent in Europe.

BEGINNER'S

WORKSHOP

For Lady Bikers!

Led by certified coach and current **NSW Road Champ** and NRS contender, Sarah Roy, this workshop is perfect for riders of all ages, abilities and disciplines.

The day includes;

- Basic mechanics class
- Women's health and nutrition with Naturopath/Dietitian Emily Rose Yates.
- Road safety and skills session.
- Continental breakfast & Gift bag.

**Saturday, 1st
June**

8:00 – 11:00

Only \$49

**WITH SPECIAL GUEST
SPEAKERS**


RYDERS
eyewear


ENDURA
SPORTS NUTRITION



capo

ParkBikes

@ SYDNEY OLYMPIC PARK

Bella Panini Bar

PRIZES to be Raffled !

CAPO GEAR
ENDURA PRODUCTS
RYDERS SUNNIES
BIKE SERVICE &
MORE

Raffle tickets will be sold
at the event.

*Supporting women
in cycling.*

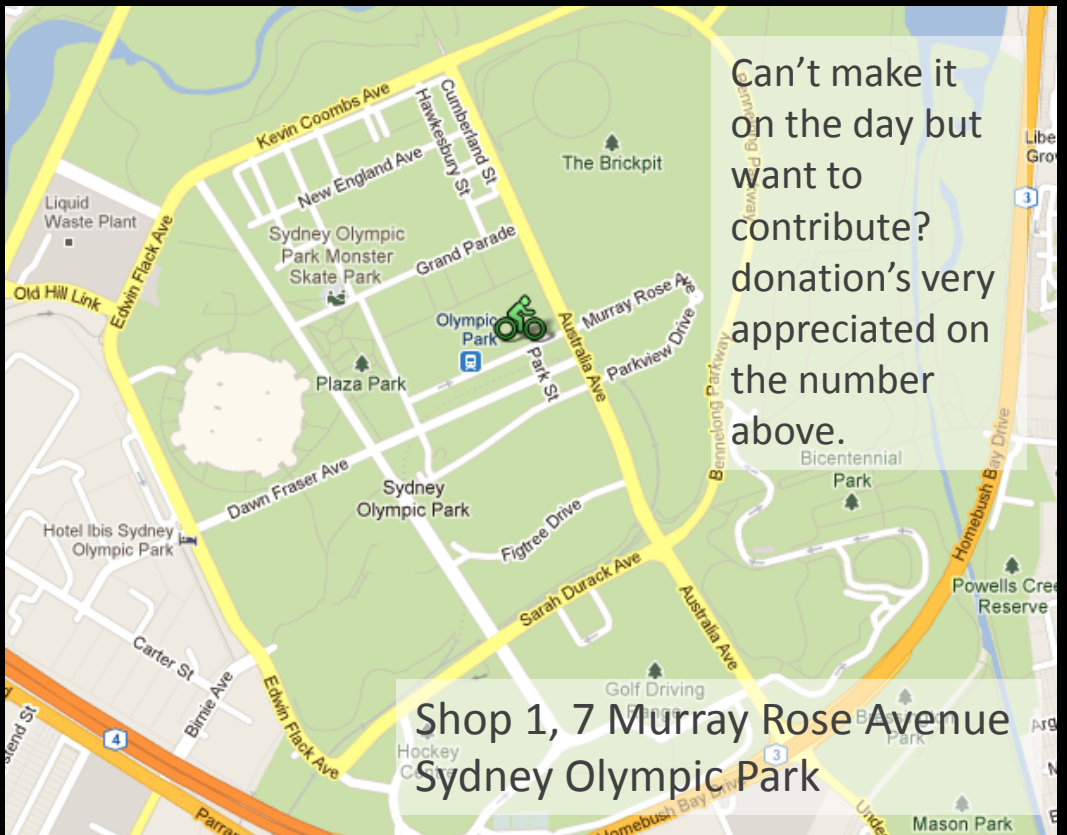
Book Now

On
(02) 8073 4777
Or

Drop into the shop!

Only 40 Places
available.

Bring your bike or hire
one for the day!



Can't make it
on the day but
want to
contribute?
donation's very
appreciated on
the number
above.

Shop 1, 7 Murray Rose Avenue
Sydney Olympic Park