

Are you **35** or over?
Are you female?
Do you want to improve your bike speed?
Do you want to build anaerobic threshold & lactic acid tolerance?
Do you want to improve your bike handling?
Do you want to learn how to bunch ride?
Do you want to train with women a similar age and ability to you?



All the questions about bike racing answered you were too scared to ask the fellas!!

- 4 training sessions followed by a race. [Road Bikes only & suits all levels]
- 1st training session 10th January then fortnightly from there. 1.5km circuit with left hand turns in the Industrial Area behind the Coffee Works Mareeba. These are training sessions only.
- **24th Jan** [yep Australia day weekend! **Please confirm your attendance at this**
- **7th Feb** Mareeba Coffee Works
- **21st February** Mareeba Coffee Works
- 07:30 arrival for 07:45 start.
- Train for 45 minutes then coffee!
- Swim at Mareeba Pool after for those interested.
- **Race at the Mako Trac Mareeba: 7th March 0730 start.**
- No licence required but there will be a cost to hire the Trac [**\$15 per rider**]
- These are non-sanctioned informal training events. It is expected that all participants will adhere to the road rules, have a bike in good working order, be fit enough to participate and be liable & responsible for their own well being.

For directions contact Gayle Sticher: 40913 458 or e-mail: gayle.sticher@bigpond.com
For session information contact Sue Rayner: 0407967975 or e-mail susan.rayner@ergon.com.au