

WOMENS Ride and Skills Dates

Wednesday 23rd September - Intro Session #1 - Yaugher Trail Head, Boundary Rd. 2hr Skills & fun riding session. Time: 3:45-5:45pm

Sunday 4th October - MTB Skills.com.au (Norm and me) have a course on at the You Yangs. All day 9-5pm. (see www.mtbskills.com.au for more details.)

***SPECIAL Offer to Forrest MTB Club - Women's INTRO/Development members only - \$100 (normal price is \$200)**

To enrol please respond to this email and I will send you an enrolment form. YOU MUST be part of this women's group to participate at \$100 price.

Wednesday 14th October - Intro Session #2 - Yaugher Trail head, Boundary Rd. 2 hr skills and fun riding session. Time: 5-7pm

Saturday 17th October - Forrest MTB Family Fun Day. Great participation Races for all levels including a WOMENS only category.

To run this race, we need a minimum of 3 in the WOMENS category.

Time: 2pm -5pm

Multiple fun races, kid's races, social event, food and nibbles. \$10 entry.

see www.rideforrest.com.au

Saturday 24th October - Surf Coast 6 or 3 hr event.

Eumeralla Scout Camp near Anglesea.

Teams of women (or mixed or even solo) in either the 3 or 6hr.

We will be doing a course reconnaissance around 12noon for all those keen to pre ride the course. (I will let you know about this in advance)

Then rest up and get ready for your race. Course practice will take approx 1hr. Race starts at 4pm.

6th, 7th & 8th November - MTB Skills.com.au WOMENS MTB skills Camp in Forrest.

All inclusive weekend.

Limited spots at \$300 instead of \$400 for members of this program. (Check out www.mtbskills.com.au)

Wednesday 18th November - Into Session #3 - Yaugher Trail head, Boundary Rd. 2 hr skills and fun riding session.

Time: 5-7pm

Saturday 21st November - MTB Skills.com.au KONA 24 hr skills Session.

\$170 includes all day coaching and skills. Lunch at the Guesthouse included.

Members will get this course for \$150.

(Check out www.mtbskills.com.au)

Wednesday 25th November - Intro Session #4 - Yaugher Trail head, Boundary Rd. 2 hr skills and fun riding session.

Time: 5-7pm

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