**Cardiff Ajax CC Women’s Cycling Day**

**Saturday 11th February 2012**

**1pm – 5pm**

I promised to do a women’s cycling day last year but never got around to organising it. Here it is, only a year late! It will be suitable for all abilities, particularly beginners and improvers but will cater for racing women too. Experienced riders will be able to pass on tips to all. It will also be a forum to meet other riders interested in entering the same events and to socialise. Full and associate Cardiff Ajax members of all ages are invited as are any prospective members.

Liz

**Programme**

1-2pm **Basic Bike Maintenance** Bike Store, Maindy Centre

2-3.30pm **Road bike skills session on track**  Cycle Track, Maindy Centre

 or Trixter bike session if bad weather prohibits track use.

3.30-4pm Shower and refreshments

4-5pm **How & When to Enter Cycling Events** Lecture Room, Maindy Centre

5pm - Pub

Cost will depend on numbers so encourage all members to come along. No more than £3.

**Please reply to Liz Webb via e-mail** if you are coming as we will need to know numbers in advance.

**What to expect**

**Basic bike maintenance** will concentrate on removing wheels, changing an inner tube, simple brake adjustment and emergency gear fiddling. *Yes, it will be hands on; your hands will get dirty.*

The **road bike session** will be a skills session. It will include cornering, riding closely in pairs, drinking and accepting a bottle on the move etc.

The **entering cycling events talk** will include looking at the forms required to enter various events and where to find them. We will cover Time Trials, Road Races, Track Races, Triathlon, Sportives, Mountain Bike Races and any other you can think off. I hope we will have time to offer some advice on which events are most suitable for each rider to enter but these discussions can continue in the pub afterwards.