

WOMEN'S RIDE MONTH CALENDAR OF EVENTS



ROCK & ROAD CYCLES – 50 CENTENNIAL AVE, ALEXANDRA

October is Women's Ride Month. And so to kick-start summer, we are holding a series of Women's Events this month. We'd love to have you along. For more information or to register for any of the events, please contact us on 03 448-8048 or emma@rockandroad.co.nz

NO BOYS ALLOWED – FRIDAY 2 OCTOBER – 1PM: This ride is for young female riders, from 10 – 13 years old. We'll meet at Rock & Road Cycles at 1pm, and then head up to Boot Hill, which is a great MTB area on the outskirts of town. We'll have the girls back at the shop by 2.30pm. To ensure we can provide a safe, supervised and fun experience, spaces are limited, therefore register soon to secure your spot. Mothers/caregivers are most welcome to join us.

TUESDAY NIGHT RIDE (AKA 'CIDER RIDERS') – ROAD & MTB – 6PM: (Beginning 13 October) The Cider Riders road ride has been happening for the past few years, and although it is not directly affiliated with Rock & Road Cycles, we highly endorse it, as it is the ultimate in women's road cycling. But this summer, we are adding a mountain-bike ride as well. We'll all meet at 6pm opposite Monteiths... the roadies will do their usual Letts Gully – Earnsclough loop, and the MTB girls will go for an off-road ride somewhere, and then we'll meet back at Monteiths for a drink afterwards. NB: These rides will continue throughout the summer.

BEGINNERS TECH NIGHT – WEDNESDAY 14 OCTOBER – 7PM: At Rock & Road Cycles. Learn the basics, from changing a flat tyre to basic bike maintenance, in a relaxed and fun environment. Please bring your bike and any bike tools you already own. There is no charge, but registration is essential, and spaces are limited.

THURSDAY LUNCH RIDE – MTB – 1PM: (Beginning 15 October) This is simply an opportunity to sneak out for a day-time (non-technical) ride with the girls – always fun. We will meet at 1pm at Rock & Road Cycles, and we'll have you back in plenty of time to pick up the kids from school. NB: This ride continues throughout the year, during the school terms.

WINE TOUR - SATURDAY 31 OCTOBER – 1PM: Back by popular demand, this will be the absolute highlight of Women's Ride Month. We will meet at Rock & Road Cycles at 1pm, and then cruise around (on our bikes) at a very relaxed pace to a few of the local wineries for some tastings, with our final stop at Monteiths in the early evening. Frocks are recommended, but not compulsory. **Cost: \$25 per person.** Registration is essential.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 - OCT	2 - OCT 1:00pm No Boys Allowed (10-13 yrs)	3 - OCT	4 - OCT
5 - OCT	6 - OCT	7 - OCT	8 - OCT	9 - OCT	10 - OCT	11 - OCT
12 - OCT	13 - OCT 6:00pm Cider Riders	14 - OCT 7:00pm Beginners Tech Night	15 - OCT 1:00pm Thursday Lunch Ride (MTB)	16 - OCT	17 - OCT	18 - OCT
19 - OCT	20 - OCT 6:00pm Cider Riders	21 - OCT	22 - OCT 1:00pm Thursday Lunch Ride (MTB)	23 - OCT	24 - OCT	25 - OCT
26 - OCT	27 - OCT 6:00pm Cider Riders	28 - OCT	29 - OCT 1:00pm Thursday Lunch Ride (MTB)	30 - OCT	31 - OCT 1:00pm Wine Tour	