

# Hopwood Ladies Cycling – Newsletter 3 It's Summer

## Events List 2015

- **Birmingham to Oxford 5<sup>th</sup> July (Marion)**
- **Treat in the Peaks (camping) 25<sup>th</sup> to 28<sup>th</sup> Aug Helen**
- **Weekend poolle around Ludlow 27<sup>th</sup> Sept (Pip)**
- **Next Club Meeting September**
- **Beryl November**
- **Christmas Party 5<sup>th</sup> Dec**

**Biggest news** – the new website is up and running – check it out!



A tandem rider is stopped by a police car. 😄  
 "What've I done, officer?" asks the rider.  
 "Perhaps you didn't notice madam, but your husband fell off your bike half a mile back . . ."  
 "Oh, thank God for that," says the rider - "I thought I'd gone deaf!"

H2O know-how  
 Stay hydrated



You must drink enough water before, during and after your ride - aim to take a drink every 15 minutes during your ride, or even more on very hot days. Remember, if you feel thirsty, you're already dehydrated.

12 ladies took on the 100km Cotswold Audax Challenge in June- great weather and most of all great cakes along the way 😊



Anyone fancy the theatre 24<sup>th</sup> – 28<sup>th</sup> November?

Maxine Peake's critically acclaimed play celebrates the life of unsung sporting legend Beryl

Burton – the greatest woman on two wheels  
 ..Let Tracy Murrall know if you are interested..



## Hopwood July Birthday's

Sue Payne /Vicky Seville /Jill Grimmett  
 Karen Millington /Angela Brown

*(one of these ladies is claiming she was born in 1971 – obviously had a very stressful life 😊 - not Looking good for a 34 year old)*

Is this the photo of the year! - has anyone one got a better one?

If there is anything you would like to share please email – next one will be issued in September ish  
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