

Hopwood Ladies Cycling – Newsletter 5

- Step up....Ride leaders needed for the Wednesday rides ☺

The AGM was another successful evening with over half of the club members involved so thank you as support is vital to the ongoing running of the club... And also thanks for the cakes Yvonne and Anne

The 50 milers successfully completed the route in under the planned 4 hrs- congratulations – thanks Yvonne

The 100 milers all made it home in one piece in good time and a lot less cake was consumed than last year... a great great day thanks Vicky



Beautiful views were seen at the Peaks on the camping trip – Thanks Helen

Summer rides



<http://www.velominati.com/the-rules/>

Pip has found a very funny alternative to our club rules so grab a coffee click on the link above and enjoy.... My favourite one...

Rule #38 // Don't Play Leap Frog.

Train Properly: if you get passed by someone, it is nothing personal, just accept that on the day/effort/ride they were stronger than you. If you can't deal, work harder. But don't go playing leap frog to get in front only to be taken over again (multiple times) because you can't keep up the pace.

Especially don't do this just because the person overtaking you is a woman. Seriously. Get over it

It is time to dazzle girls –
Get your lights out!



If there is anything you would like to share please email TracyMurrall@gmail.com

Hopwood Autumn
Birthday's

Ann Ryan ,Helen, Lorraine ,Elaine



Who doesn't