

## **“She Rides” women's cycling program in basic skills for women in the Tyabb to Frankston area in August 2015**

Posted for interest to women who may be interested in learning basic cycling skills. It is not evaluated or endorsed by Peninsula Pedallers – Please make your own inquiries (as with all information listed on this page).

14 July 2015

From: "Nicole Snyder" <meezer@kittymail.com>  
To: wm@peninsulapedallers.org.au  
Subject: She Rides Women's Cycling Skills Program  
Date: Tue, 14 Jul 2015 09:50:00 +0200

I live locally and am running a She Rides women's cycling program in the Tyabb to Frankston area in August. I thought I'd provide some info on the program as it might be of interest to women who aren't confident in groups but want to build on their basic cycling skills (perhaps they cross your path when looking for ride opportunities?).

SheRides is a Cycling Australia initiative to encourage a greater social cycling community for women around the country. The eight-week program builds bike skills, safety and confidence as well as knowledge of great local places to cycle. The closest program available to Mornington Peninsula and Frankston residents is Brighton this is an exciting opportunity for local women to gain confidence and skills on their bikes. We have an enviable network of cycling paths and cafes that participants will discover as part of the course.

The course commences on Wednesday 26 August at 9.30am to 11.30am weekly for eight weeks. The 'home' site will be the Tyabb Football Netball Club due to its close proximity to the shared path network and cafes. The netball club committee has been supportive in granting use of the new courts for our off-road aspects of the program.

Registration has opened and the web site is located at [sherides.com.au](http://sherides.com.au). I've attached a brochure for your information.

Please let me know if you'd like more information on this local activity. All the best and thank you.

Regards  
Nicole Snyder  
0417 011 968



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## REGISTRATIONS FOR SPRING OPEN 29TH JUNE 2015

*For fitness. to make friends. FOR FREEDOM!*

She Rides helps women rediscover their confidence - and their joy - in riding. With programs available in more than 45 locations across Australia, more women than ever before are getting back on their bike!

For more information on locations, program types and to register, visit [www.sherides.com.au](http://www.sherides.com.au)

An initiative of Cycling AUSTRALIA



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