

Attention WOMEN!!!

all AGES, SHAPES, and SIZES

Has it been a while since you rode a bicycle?
Does riding in traffic give you "little panicky" feelings?
The FREMONT FREEWHEELERS BICYCLE CLUB (FFBC) has the answers.
Come ride with us every Saturday, beginning January 14, 2006 at 8:30AM. Soon even in traffic you can enjoy riding again.



Build your strength, endurance, confidence and mechanical skills, all with encouragement and technical tips from other women!

Our Cinderella Training Rides Series is a ten week progressive training program, with each ride longer or hillier than the previous one. The rides are organized and led by women. In the first few weeks, riders will be grouped by general skill and fitness level, and each group will have at least 2 FFBC ride leaders. These rides are crowned by the ultimate ride for women, the Cinderella Century, a metric century sponsored by the Valley Spokesmen.

Most rides begin and end at the Bicycle Garage, 4673 Thornton, Fremont, CA and will feature a stop midway for coffee, calories and friendly conversation.

January 14 will be an Orientation and Skills Rodeo. You will learn to change your tires, shift your gears, what equipment to have, basic road safety, basic bike check, and some very important skills. All followed by a short, flat introductory route of 8 miles. Its a big important day you don't want to miss!

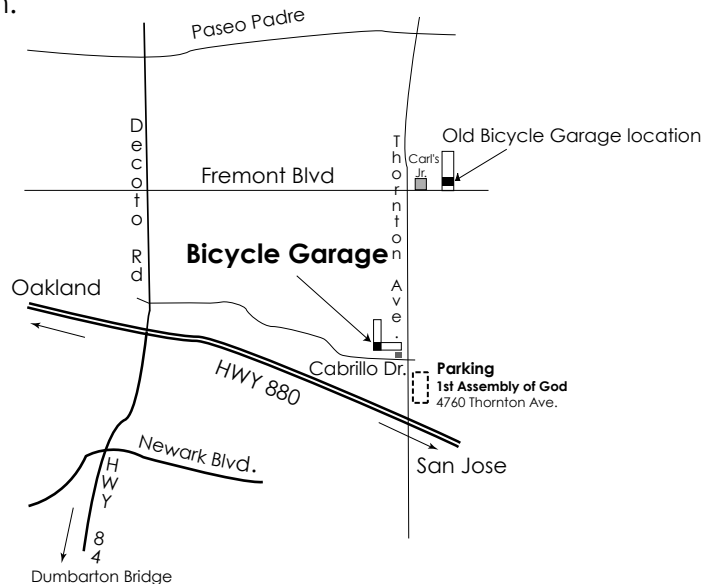
Remember, helmets are required at all rides.

Parking is available at the 1st Assembly of God Church, 4760 Thornton Ave.

Now for the small print.

- any interested woman may register and participate.
- To participate in this program, there will be a one time charge of \$15.00, plus Fremont Freewheeler Bicycle Club membership.
- Any young women under 16 years of age must be accompanied by an adult female escort.
- You must attend the one of the first two rides and miss no more than 2 classes to complete the training series
- If you are interested, register now!

<http://www.fremontfreewheelers.org/Cinderella.html> •If you have any questions, call Joyce at (510) 703-2675 or email at jtanaka@ohlonline.edu or Jamie at (925) 417-0703 or email at jamielyams@comcast.net



check out our web site,
<http://www.fremontfreewheelers.org/Cinderella.html>,
for FAQs, online registration and other useful cycling information



Remember, it's cycling, calories, caffeine and companionship from January through March.
See you at the Bicycle Garage!

