



# WomenonWheels

## COME ON LADIES!

Dig that bike out of the shed or borrow a bike from a friend this is your chance to meet & train with like-minded ladies - get fit, have fun and take part in a great event!

## WomenonWheels

is a five week programme  
starting on Saturday July 31st  
with a Cycling Workshop in Tramore

There will be weekly fun training spins in the city & county in preparation for the 50k leg of the Sean Kelly Tour of Waterford on Sunday 29th August

all you need is a BIKE & a HELMET & you are ready for ACTION!



ALL WELCOME! Just call or email us to book your place TODAY!



call Pauline on (051) 849855  
or Sarah on (058) 21199  
or email

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[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)



[www.getirelandactive.ie](http://www.getirelandactive.ie)