

# Ladies' Nights

*A fun and information-filled introduction to cycling for women*

**14 June, 28 June & 12 July 2011 - 7.30pm**  
**Sarah Ulmer Lounge, ILT Velodrome**

**Admission \$20 for all three sessions**

*(\$15 for Cycling Southland members)*

*Refreshments and a free gift will be provided at each session*

*Tickets available from Cycling Southland's office at the ILT Velodrome*

*Visit [www.cyclingsouth.org.nz](http://www.cyclingsouth.org.nz) for more information or phone 2173215*

