



**Presents Nick Van Der Linden  
From**

**Topics to be covered**

**Women's Specific  
Bike fit  
Saddle fit  
Shoe fit  
Clothing  
&  
Master Class In  
Tyre Changing  
(Learn to do it yourself)**



**“Cycling Information Night For Women”**

**Presented by Wensley's Cycles**

**7.00pm Thursday August 2<sup>nd</sup>**

**Stadium Southland  
Sarah Ulmer Lounge**