

3 November 2021

Hi Everyone,

Margaret and Sharlene here - Gear Up Girl Ambassadors for 2021.

Our ride is now just under three weeks away.

There is a lot of very useful & important information on the Bike SA website to help you prepare...check out the Prepare Your Ride tab.

<https://www.bikesa.asn.au/event/road-rides/gear-up-girl/>

If you'd like to make sure that you are able to change a flat tyre & do other basic repairs (if required) on the Gear Up Girl Ride, another option is to come along to the Ladies Only Bike Maintenance session on Tuesday 9 November (5.30pm – 8pm). Margaret will be there as an Ambassador & helping the Instructor for this course. Only 2 positions left, so be quick! The link to that course is <https://www.bikesa.asn.au/learncourses/bike-maintenance/>

And if you have friend or family who haven't registered yet, it's not too late to sign up. If you/they haven't done much riding lately, and you're worried about whether you can ride the distance, keep in mind that it's not a race and the course is quite flat. You might be surprised at how far you can go when you just keep turning the pedals. Check out the details of the three ride options to make sure you pick the one that suits your current state of fitness. And whichever option you choose, take the opportunity to get out & about on your bike between now and Sunday 21 November so you are in a good position to enjoy the ride, no matter what distance you choose.

We look forward to seeing on the day

Happy pedalling,

Margaret and Sharlene

