

## Women & Bicycles 2017 Workshop and Ride Info

### Yoga (all sessions)

- Will take place in the lounge
- We will supply mats and blankets
- Wear comfortable clothes for stretching in
- Arrive 10 mins before the session is due to start

### Women's Oxford bicycle tour

- Saturday 14:00-15:30 & Sunday 9:30-11:30
- Meeting in courtyard at East Oxford Community Centre
- Arrive 10 mins before ride is due to depart
- You will need a roadworthy bike, small snack, water, suitable clothes for riding, waterproof jacket, layers, any medication you need

### Fix a flat

- Saturday 14:00-15:30
- This workshop will take place in the courtyard at East Oxford Community Centre. There will be a gazebo in case of rain but do wear enough clothes to keep you warm in the (likely) event of it being a bit chilly.
- You can bring your own roadside repair kit if you want to practise using it, however we will supply all tools, gloves, aprons you need.
- We won't be working on your own bike, in case you can't bring it and to avoid mechanical mishaps.

### Cycle training

- Sunday 9:00-11:00
- Meeting at Cowley Marsh sports ground
- Arrive 10 mins before session is due to start
- You will need a roadworthy bike, your helmet (if you want to wear one), small snack, water, suitable clothes for riding, waterproof jacket, layers, any medication you need
- After the session we will ride with those who want to join back to the East Oxford Community Centre, or you are welcome to make your own way back to the venue.
- Our programme starts at 11.30am with brunch followed by the 'cycling as a family' panel at 1pm.

### Condor Rides

#### The Sarah Speedy - Sunday 10:00-12:00

- Meet on the [green next to Beeline Bicycles](#) at 9.45am on Sunday 6th March. We will give a pre-ride briefing and depart at 10am.
- Route: [www.strava.com/routes/7379329](http://www.strava.com/routes/7379329)
- Distance: 30 miles
- Approx speed: 15/16 mph (this means ~17/18 mph on the flat, slower on hills)
- Approx time: 2 hours
- You will need: a roadworthy bike, a helmet, water, inner tube, pump, comfortable clothes to ride in
- After the ride our programme starts at 11.30am with brunch followed by the 'cycling as a family' panel at 1pm.

### **The Rachel Armisteady - Sunday 10:00-11:30**

- Meet on the [green next to Beeline Bicycles](#) at 9.45am on Sunday 6th March. We will give a pre-ride briefing and depart at 10am.
- Route: [www.strava.com/routes/7379638](http://www.strava.com/routes/7379638)
- Distance: 20 miles
- Approx speed: 13/14 mph (this means ~17/18 mph on the flat, slower on hills)
- Approx time: 1 hours 30 mins
- You will need: a roadworthy bike, a helmet, water, inner tube, pump, comfortable clothes to ride in
- After the ride our programme starts at 11.30am with brunch followed by the 'cycling as a family' panel at 1pm.

### **The Victoria Gentle One - Sunday 10:00-11:15**

- Meet on the [green next to Beeline Bicycles](#) at 9.45am on Sunday 6th March. We will give a pre-ride briefing and depart at 10am.
- Route: [www.strava.com/routes/7379659](http://www.strava.com/routes/7379659)
- Distance: 15 miles
- Approx speed: 12/13 mph
- Approx time: 1 hours 15 mins
- You will need: a roadworthy bike, a helmet, water, inner tube, pump, comfortable clothes to ride in
- After the ride our programme starts at 11.30am with brunch followed by the 'cycling as a family' panel at 1pm.

### **Isis Cyclists Ride**

- Sunday 10:00-11:30
- Meeting point: courtyard at East Oxford Community Centre
- Arrive 9:45 for 10:00 departure
- Approximately 8 miles at a stately pace
- Bike in roadworthy condition, inner tube, tyre levers, pump, small snack (flap jack or something similar), water, suitable clothes for riding, waterproof jacket, layers, any medication you need
- After the ride our programme starts at 11.30am with brunch followed by the 'cycling as a family' panel at 1pm.

### **Mountain bike ride**

- Sunday 9:00-11:00/11:30
- Meeting point: courtyard at East Oxford Community Centre
- Arrive 8:45 for 09:00 departure
- Bike suitable for off-road use (mountain bike with knobbly tyres or similar), helmet, inner tube, tyre levers, pump or CO2 cartridge, small snack (flap jack or something similar), water, suitable clothes for off-road riding, waterproof jacket, layers, any medication you need.
- Conditions are muddy so we recommend bringing a change of clothes!
- After the ride our programme starts at 11.30am with brunch followed by the 'cycling as a family' panel at 1pm.