

# Women-only rides with Honiton Spinners

**We're back for the Summer 2024 programme!**

Are you interested in joining the Spinners' CCC rides? That's **Cycling Chatting Cake!** (Definitely not Competition Challenge Contest.)

There will be 12 guided rides on local roads from **April 6<sup>th</sup> to September 7<sup>th</sup>**.

All you need is a helmet and a road-safe bike (gravel, off-road, electric, road bike – all welcome!).

These rides are for any woman, of whatever cycling ability, who wants a leisurely, social ride with other women. Join us on as many rides as you choose.

**New for this year:** I will provide regular information about how cycling can support your fitness, training and nutrition, as well as cake. Tips and cake!

Your first three rides will be free taster sessions to see if you like what we can offer. After that, there is a one-off fee of only £15. This includes membership of Honiton Spinners until March 31<sup>st</sup> 2025 and group insurance provided by British Cycling. If you are already a paid-up member of Honiton Spinners for 2024, you don't need to pay again.

If you know anyone who might be interested, please spread the word.

For all the details of times, dates and meeting point, or to ask questions, contact Jennie at

[Jennie.sleeman@gmail.com](mailto:Jennie.sleeman@gmail.com)

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