

# West Wales Cycle Racing Team Go-Ride Sessions



Fancy getting into cycling in a fun, safe and friendly environment? Come along to WWCRT's Go-Ride grass sessions . All ages & abilities welcome.

Every Friday, 6pm-8pm, Blaendolau Fields,  
Aberystwyth

**Starts Friday 10<sup>th</sup> July**

£3.50 per session  
Any bike welcome  
Crash hats must be worn

Skills training  
Fitness training  
Fun Races