

## Welcome to the Kent Velo Girls Website!

Kent Velo Girls is an all girls' cycling club set up in June 2008 to encourage women to take part in and enjoy road cycling. Our 80 members take part in regular rides for training, and have taken part in Time trials, 50 and 100 mile rides, and other sportives many for the first time, several have done rides to Paris, and other charity rides, and numerous cyclo-sportive events around the UK.

We have a programme of Road Rides to suit all women, from an easy ride (any bike is acceptable on this ride) on Monday afternoon, to a Faster Sunday Road Ride, and Time Trials, Hill Climbs and a Training Camp for more serious riders. Many more rides on offer - see calendar page for details.

The next introductory courses will be run in September '10. Newcomers, of any experience level are always welcome to join.

The intention of our girls road riding club is to ride regularly with a like-minded group of people, have fun, get fit or fitter and become more proficient on a road bike in one of the loveliest counties in England.

The policy of the club is that we ride at the speed of the slowest rider:

**NO-ONE WILL BE LEFT BEHIND!**