



MORNINGTON

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INDOOR TRAINER PARTICIPANTS...

A big thank-you to all who have participated in our Windtrainer Sessions over the prior year and more.

I am sure you all agree that Brian's ability as a coach and inspiring motivator has helped us all reach a new level in our cycling endeavours.

With daylight saving around the corner and the promise of warmer evenings I hope you will be joining us for the launch of the **Bicycle Superstore Mornington SHOP RIDE**.

Our last indoor trainer session for the season will be on Wednesday October 13th... make sure you join us and get your raffle ticket for some give-aways !

The following Wednesday October 20th will be the first of our shop rides.

Shop rides will be initially held every Wednesday evening departing our shop at 6pm. Rides will vary in ability level , average speed and duration. Just to keep things interesting we may even throw in a mtb ride here and there !

A calendar of rides and the courses will be available for perusal on both our Facebook Page at -

<http://www.facebook.com/pages/Bicycle-Superstore-Mornington/123455938678>

and also on our homepage at -

<http://www.bicyclesuperstore.com.au/store-location/mornington-store/>

Our first ride can be seen by following my Garmin link:

<http://connect.garmin.com/activity/50400949>

We aim to ride rain , wind , hail or shine. However should plans change then this will be advised on our Facebook page (you can view this without being a Facebook account holder).

Should you prefer to continue training indoors with Brian then he will have sessions available for you to join him so keep in contact with Brian via his email : Brian Rabinowitz bjrabsinspire@bigpond.com

We will be back indoors with Brian when the seasons change and no longer wish to venture outdoors !

May I take this opportunity to sincerely thank all of you for being part of the cycling culture at Bicycle Superstore – Mornington and a special mention to Brian Rabinowitz for his outstanding services and intuitive motivation.

I really look forward to seeing you and others join us on our shop-rides ... and you never know – if you're wearing Bicycle Superstore Kit then you might be in the running for a spot prize !

Any further information required? Just give myself or the team a call in the shop on 59757033.

RIDE ON!

Paul Haley