



JOIN US

FOR A NUTRITION WORKSHOP WITH



***When?* Thursday 5th May 2016**

Collingwood Suite, Gosling Sports Park, AL8 6XE

7pm – 9pm

Racing Members: Adults £5 Juniors U18 £3 (Parents come *Free!* 😊)

Improve your Performance!

Learn about nutrients, fuel, recovery, hydration and much more!

www.welwynwheelers.org.uk