



Women's Multisports of Richmond AUGUST NEWSLETTER

2016

Upcoming Events:

Yoga Paddle Board Class

Thursday, August 4th
6:00 p.m. - 7:30 p.m.
Between 5th Street & Tredegar Street,
500 Tredegar Street, Richmond, VA 23219
This is a Living Social Deal. Pre-registration is necessary.

Tabata Class & August Team Meeting

Monday, August 8th
6:00 p.m. - 8:00 p.m.
5610 Riverside Drive, Richmond, VA 23225
<https://www.facebook.com/events/1219995444691159/>

Bike Gear Swap

Thursday, September 1st
6:30 p.m. - 8:00 p.m.
Little Joselyn Drive, Mechanicsville, VA 23116
<https://www.facebook.com/events/1736726643258648/>

Photo Painting With Julie

Monday, September 12th
5:30 p.m. - 9:00 p.m.
5610 Riverside Drive, Richmond, VA 23225
*Limited spaces...registration needed.

Cranksrising is 7 months away and planning is in full swing. If you have ideas on ways to market the event, please let anyone on the Committee know (Kathleen Hall, Jules Gibbs, Jennifer Moore, Nice Reeves or Lorene Davidson). We are looking for prize donations for the event. Suggested donation value is \$5-\$20 and can be anything from candles, to gift cards to bike gear...whatever you want to donate. Grab a friend and sign up today! The next planning meeting is

Monday, August 22nd. Any interested WMR members are welcome to attend. <https://www.facebook.com/events/1001331113236552/>

WOMEN'S MULTISPORTS OF RICHMOND PRESENTS

the 5th annual cranks rising
TO BENEFIT THE SAFE HARBOR SHELTER
AND BRING AWARENESS OF ONE BILLION RISING
Saturday February 4th
2017
Grab a partner and sign up now for fun shopping & prizes
www.womensmultisportsofrichmond.org



Weekly Mountain Bike Rides:

Tuesday, August 2nd at 5:45 p.m.	Historic Tredegar
Tuesday, August 9th at 6:00 p.m.	Pocahontas
Tuesday, August 16th at 5:45 p.m.	Barker Park
Tuesday, August 23rd at 5:45 p.m.	Reedy Creek
Tuesday, August 30th at 5:45 p.m.	Larus Park



WMR Welcomes the following new members:

Amy Drake, Shelly Willis, Molly McFadden, Nici Reeves, Heather O'Keefe Coyne, Rainey Niklawski and Meghan Sheriff .



Team Sponsors

Sponsor	Team Benefits
Elle Style Studio	Discount
Lucky Foot	Discount
Muscle Mechanix	Discount
Richmond Bicycle Studio	Discount
Run Ride Race	Free Timing for Cranksrising
RVA Dental Care	Donuts for Cranksrising
Weldone Incorporated	Monetary Donation