

MILDENHALL CYCLING CLUB

Forthcoming Activities

February

Monday 1 st	8.00pm	Mildenhall Club Committee meeting.
Sunday 7 th	-	No Club-Run planned.
Sunday 14 th	10.00am	Off-Road club-run. Meet at Brandon Country Park. <i>Run Leader Barry 'Sturmey' Archer</i>
Sunday 21 st	10.00am	On-Road club-run. A gentle ride starting and finishing at the clubroom, in time for the Club's Annual Dinner and Prize Presentation. <i>Run Leader Dave Bowers</i>
Monday 22 nd	8.00pm	Mechanics Evening. <i>For more details please contact Moe Milstead</i>
Thursday 25 th	All Day	Forest Heath Sports Fair at Mildenhall Leisure Centre. We are attending to promote the Club and in particular our 2010 Go-Ride programme.
Sunday 28 th	10.00am	On and Off Road club-run. From Mandy Cook's in Barnham, returning for a cuppa and a slice of cake. <i>Run Leader Mandy Cook</i>

Wednesday Nights are Roller Nights!

The rides that Marc, Sean and co have been doing on a Thursday night have moved to Wednesday's and inside too, for the winter months anyway! Two of the Rollers and Clock have been set up alongside the rowing machine - everyone is welcome to come along to improve their fitness.

Annual Dinner & Prize Presentation

Sunday 21st February 2010 - 12.30pm for 1pm

It will be held at the Cricket Club and priced at £18 each, although for all those that helped at the Rally, it will be subsidised by the Club by £5.00. The menu is

Starter: Carrot & Coriander Soup, *OR*, Chef's Pate with Ciabatta

Main Course: Braised Beef in red wine sauce, *OR*, Supreme of Chicken in white wine & Asparagus Sauce, *OR*, Roast Vegetable Wellington.

Desert: Profiteroles, *OR*, Vanilla Cheesecake with Seasonal Berries.

Please reserve your place and your menu choice with Dave Bowers on 01638 715986, or even by email now at dave@mildenhallcc.org.uk