



OCTOBER 26-28

COLLEGIATE WOMEN'S WEEKEND RETREAT

Presented by the SECCC and ACCC

Women from across the Southeast and Atlantic regions are invited to come together this fall at the inaugural Collegiate Women's Weekend Retreat. Ride with current pros on the trails at the Bike Farm or on the roads surrounding Hendersonville, NC! Learn some bike maintenance that will keep your ride rolling smooth! Listen to certified nutrition experts on how what you eat can impact your performance! Experience new ways to control your body through stretching and yoga! Reserve your space by emailing: SECCCDirector@gmail.com



\$10 to Collegiate Athletes

Limited to 40 Participants

Road and Mountain Rides

Bike Maintenance Course

Learn About On/Off Bike Nutrition

THE BIKE FARM

380 Sutton Creek Rd
Pisgah Forest, NC 28768

SYCAMORE CYCLES

112 Hendersonville Hwy
Pisgah Forest, NC 28768

