

# Social Sledding Workshops 2010

The SHCV Inc welcomes all newcomers and members to our **FREE** training days

*Come along and learn about*

Getting Started

Equipment

Training

Feeding

Pre and Post Race Preparation

Trail Markers

Sportsmanship

And last but not least... **practical sessions!**

All you will need to bring is a bike helmet, your dog and a sense of adventure. Our members have plenty of equipment for you to borrow to put your new-found skills to the test.

**Date:** 10th April 2010 commencing at 2pm.

**Venue:** Wellsford State Forest, Bendigo

and

**Date:** 24th April 2010 commencing at 2pm.

**Venue:** Bannockburn Reserve, Bannockburn

**To register your interest, please email to [dshodgson@activ8.net.au](mailto:dshodgson@activ8.net.au)**

**Contact:** David: 5281-3305 (6–10pm please)

