

Kysa Newsletter – 14th October, 2013

Hi everyone,

What an exciting couple of months we have coming up! Charity Rides, Rider Training Courses, Yoga and most importantly our 'girls only Kysa ride' to the Lavender Farm!

For those of you who are not working tomorrow (Tuesday 14th) we are heading to the Bearded Dragon for lunch - meeting at Sharks at 11am.

Regarding the Queensland Government's anti-bikie legislation. <http://motorbikewriter.com/2013/10/14/meet-the-innocent-victims-of-anti-bikie-laws/>

Kysa Girls Ride this Sunday 20th October - Meeting at Shark Leathers at 8am or Canungra at 9am (in the school carpark).

****** Change of venue for morning tea *** Kooroomba Vineyard & Lavender Farm - They serve coffee, scones and sweets YUM!***

Rider Training Courses

- **MotoDNA Girls Only Rider Training Day this Friday 25th October - Lakeside training centre. Meet at Coomera BP at 7am to ride up together. Call Mark on 0402 600 018 to book.**
- **Stay Upright Rider Training Courses - for upcoming dates, check out their website/calendar. <http://www.stayupright.com.au/course-calendar-QLD>**

Charity Rides, events and community awareness

- Bras n' Bikes Breast Cancer Fundraiser - Sunday 27th October 2013 - Register from 7:30am at the Ettomogah Pub.
- Sunday 27th October - [LOOK and let LIVE , Community awareness day](#) at Shark Leathers 9am.
- Skid Lid Cruise - Sunday 3rd November - For Coups Leukemia Support - Register from 8am at Shark Leathers.

Ladies Leisure Day

- ***Champion's Ride Days - Ladies Leisure Day
Friday 8th November at Queensland
Raceway only \$149 (including tuition). Call
Champions on 5549 0364 to book.***

Social events

**KYSA CHRISTMAS PARTY Saturday 23rd November
at the Boathouse Tavern, Coomera - 6:30pm for dinner
and drinks. Santa will be there!**

For something a bit different, I hope you can join me for a yoga stretch, relaxation and meditation class.

Date: Tuesday 22nd October (next Tuesday night)

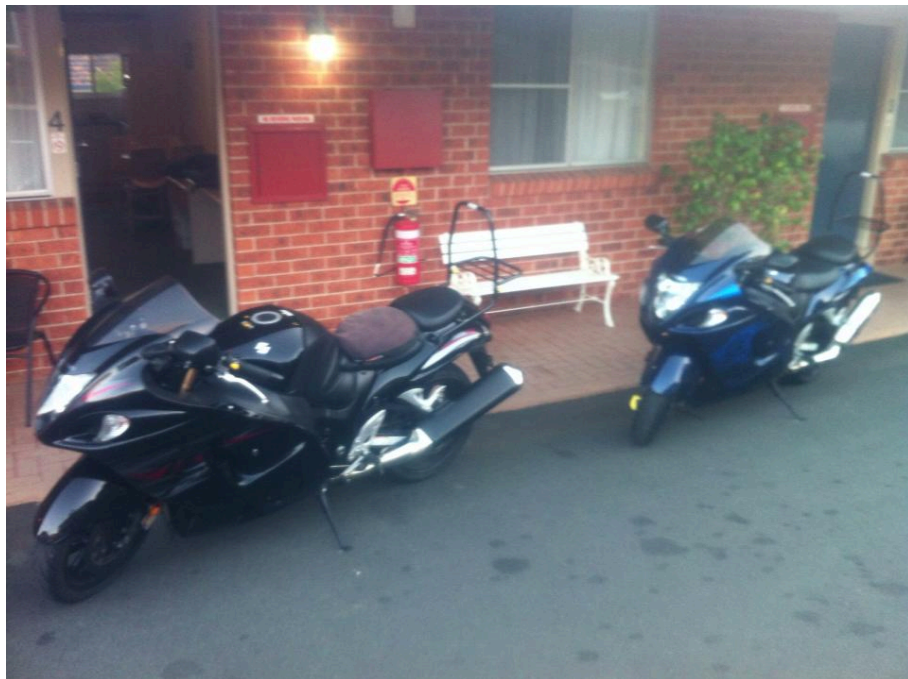
Time: 6:30pm

Venue: 20 Ferngrove Avenue, Upper Coomera

Cost: \$5

The class consists of light yoga stretching and meditation. It is suitable for all kinds of fitness levels and you will become more flexible and stronger all over which will help when riding your bike. A must for all riders!

Now I have an adventure story from the two travelling **Busa Babes**, Fi & Judy left on their adventure shortly after the Babes Raid riding all the way to Sydney, the long way of course! Along the way they came across some beautiful scenery in every direction on every road. Fitzroy Falls, Kangaroo Valley, Cambewarra Mountain, Barrington Tops, Dorrigo, Bellingen! Here are some photos of their little adventure.



600kms in one day! @ [Abraham Lincoln Motel Tamworth.](#)





Fitzroy Falls



Hope you enjoyed this newsletter.

Have a great week and see you all on the 20th!

Kind regards,

Kylie Sage

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