

EAT WELL
GOOD FOOD
GOOD HEALTH



DRINK



TEA

(and biscuits)



THERE IS NO BETTER BIKE THAN



YOUR BIKE



TIM FROM WALES

MTB
CONTENT



ENQUIRIES

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(don't hurry, be happy)



AND
DOWN

THIS ZINE BELONGS TO:

NAME:

'CONTENT'

adjective

in a state of peaceful happiness
"he seemed more content,
less bitter"

ENJOY

DONT HURRY
DONT RUSH



DONT SWEAT THE TECHNIQUE

-----<>-----

Enjoy the SPACE
Relax the PACE
Its not a RACE

Remember to ENJOY
The time you EMPLOY
Riding your pride and
JOY

-----<>-----

ENJOY

DONT RUSH
BUT



SWEAT THE TECHNIQUE

T SHIRT SLOGANS

SHARE the MOUNTAIN

Take your litter home

Its OK NOT to man up

Who cares who got KOM

Don't be a DICK!

EMTB riders have feelings too



DONT FORGET
TO LOOK UP

INGREDIENTS

1 tbs of fun
2 cups of joy
100 smiles
a tonne of laughter
1 serving of energy

METHOD

Mix it all together

COOKING TIME

All the time in the world