

Don't miss out on the following bike week events

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## **SATURDAY 18 MARCH**

### **Mountain Bike Bash - Saturday 18 March at 2pm**

This is a great opportunity to try out the trails at the Glenorchy mountain bike park. Dirt Devils will provide some tips on riding on trails and will divide people into different groups depending on age or ability. It's open to all ages and you don't have to know anything about riding off-road to give it a go. Starts at 2pm at Tolosa Park, Glenorchy. Entry \$10 adults, \$5 U/16

### **Woodbridge Family Ride - Saturday 18 March at 9.45am (FREE)**

A casual 3km or 7km social ride around Woodbridge, especially suitable for families, followed by BBQ and the FiveAlive gymkhana course. Starts at Silverwater Park, Woodbridge foreshore. Start Time: 9.45am registration; 10am departure.

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## **SUNDAY 19 MARCH**

There are 3 rides to choose from of different lengths, all finishing at a Cycling Festival at the Cenotaph. All participants will go into the draw for a Specialized Hardrock XC bike valued at \$629 courtesy Appleby Cycles.

### **100km Century Ride**

Registration from 6am at the Hobart Cenotaph. Ride departs at 7am. The route will include using the roadway over the Tasman Bridge (without a lane closure). Riders will go over the bridge 2-abreast in a single group. We are thankful to Tasmania Police for issuing a permit for the ride.

Entries will be accepted on the day. Cost \$15 adults, \$8 U/16. Includes lunch at finish. See [http://www.cyclingsouth.org/index.php?option=com\\_content&task=view&id=25&Itemid=49](http://www.cyclingsouth.org/index.php?option=com_content&task=view&id=25&Itemid=49) for route map.

### **25km Round the River Ride**

Registration from 7am at the Hobart Cenotaph. Ride departs at 8am. The route uses a mix of quiet local roads, sealed shoulders on main roads and off-road pathways. Not recommended for U/12s. It can be viewed at

[http://www.cyclingsouth.org/index.php?option=com\\_content&task=view&id=52&Itemid=78](http://www.cyclingsouth.org/index.php?option=com_content&task=view&id=52&Itemid=78)

Entry fee \$10 adults, \$5 U/16; \$25 Family of 4. Includes lunch at finish.

### **8km Family Ride**

Registration from 9.30am at the Glenorchy Pool. The ride starts at 10am and follows the Intercity Cycleway to the Hobart Cenotaph. Entry fee \$7 adults, \$3 U/16, \$16 family of 4. Includes snack and drink at finish.

### **Cycling Festival at the Cenotaph (FREE)**

From 10am to 2pm there will be activities at the Cenotaph including bike engraving by Neighbourhood Watch, face painting, FiveAlive gymkhana course for 6-12 year olds, teaching toddlers to ride session with Bicycle Tasmania, displays, cycling information and a live broadcast by

Ultra106five. The winner of the prize draw for the Specialized bike will be announced after the Cadence, Clips and Legends Awards at 12.30pm.

For more information see

[http://www.cyclingsouth.org/index.php?option=com\\_content&task=view&id=46&Itemid=0](http://www.cyclingsouth.org/index.php?option=com_content&task=view&id=46&Itemid=0)

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## OTHER EVENTS

### **New Horizons Western Tiers Cycling Challenge - Sunday 26 March**

A charity ride organised by Youngtown Rotary Club, starting at Launceston Casino. Choice of 50 or 100 mile route. Proceeds go to New Horizons, a sporting club for people with disabilities. See <http://www.tas.cyclechallenge.org.au/> for more.

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## CYCLING COURSES

### **Women's MTB Skills course - 25/26 March 2006**

Dirt Devils are running a course designed especially for women. If you would like to get into off-road riding but lack the confidence or skills then this is the course for you. It covers descending, climbing, steps n jumps, cornering, drop offs and bunny hops with experienced coaches. See [http://www.cyclingsouth.org/index.php?option=com\\_content&task=view&id=35&Itemid=62](http://www.cyclingsouth.org/index.php?option=com_content&task=view&id=35&Itemid=62) for more information

### **Adult Intermediate Cycling Skills Courses at Montrose Bay Reserve – 25/26 March 2006**

CyclingSouth's next intensive 2-day course is on the weekend of 25/26 March. Learn how to use your gears properly, fix punctures, and develop skills for riding in all traffic conditions. See [http://www.cyclingsouth.org/index.php?option=com\\_content&task=view&id=49&Itemid=46](http://www.cyclingsouth.org/index.php?option=com_content&task=view&id=49&Itemid=46) for more.

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