

In this newsletter:

HOBART CYCLING FESTIVAL – SUNDAY 18 MARCH

- * A family fun day including face painting and games
- * Teaching toddlers to ride session
- * Five Alive obstacle course for 6-12 year olds
- * Bicycle polo

CYCLING FESTIVAL RIDES – SUNDAY 18 MARCH

- * Century Ride (100km)
- * Half Century Ride (50km)
- * Round the River Fun Ride (25km)

FREE COMMUNITY RIDES THIS WEEKEND

- * Woodbridge Ride (3km or 7km) – Saturday 17 March
- * Glenorchy Ride (8km) – Sunday 18 March
- * Cygnet Family Ride (10km) – Sunday 18 March
- * Cygnet Coast Road Loop (35km) – Sunday 18 March

COME-AND-TRY SESSIONS / COURSES

- * Indoor Cycling Studio at Endorphin Gym – Thursday 15 March
- * Bicycle maintenance course – Thursday 15 March
- * Mountain Bike Come-and-Try Day – Saturday 17 March

REGISTERING FOR RIDES

- * How to enter

CyclingSouth is a joint venture of Hobart, Clarence, Glenorchy and Kingborough Councils. All newsletter items are available from our website www.cyclingsouth.org .

If you do not want to receive future emails from CyclingSouth please reply to this email with 'UNSUBSCRIBE' in the subject line.

=====

CYCLING FESTIVAL RIDES – SUNDAY 18 MARCH

=====

The first 100 people to enter any of the cycling festival rides will receive a bag of goodies courtesy **YMCA**. All participants will also go into the draw to win an Avanti bike, courtesy **Appleby Cycles**, a **Peppermint Bay** Cruise for two or **Moorilla Estate** wines. All rides start from the Hobart Regatta Grounds.

Ultra106five will be doing a live radio broadcast from the festival.

Century Ride (100km)

Ride over the Tasman Bridge roadway and out Cambridge, Seven Mile Beach, Tea Tree and Richmond before returning to the Hobart Regatta Grounds via Grass Tree Hill and the Bowen Bridge. Chocolate bars at checkpoints have been provided by Cadburys and lunch is included in the entry fee and will be available at the finish.

Registration from 8am. Start time 9am.

Entry fee \$20 adults; \$10 U/16; Free for Bicycle Tasmania members

Half Century Ride (50km)

Follows the same route as the Century Ride but a few shortcuts reduces the distance to 50km. Riders will also go over the Tasman Bridge roadway. Chocolate bars at checkpoints have been provided by Cadburys and lunch is included in the entry fee and will be available at the finish.

Registration from 8am. Start time 9am.

Entry fee \$20 adults; \$10 U/16; Free for Bicycle Tasmania members

Round the River Fun Ride (25km)

A leisurely ride over the Tasman Bridge walkway, following the picturesque shoreline of Lindisfarne and Geilston Bay before utilising the sealed shoulder on the East Derwent Hwy. Look out for Freddo on the approach to the Bowen Bridge as he signals the start of the transition from the road to pathways back to the start/finish where lunch will be waiting for participants

Registration from 11am. Start time 11.30am

Entry fee \$15 adults; \$5 U/16; \$30 family of 4

=====

FREE COMMUNITY RIDES THIS WEEKEND

=====

Woodbridge Ride

A casual 3km or 7km social ride around Woodbridge starting at Silverwater Park on the Woodbridge foreshore at 10am. Followed by BBQ

Glenorchy Family Ride

An 8km ride along the Intercity Cycleway to the Hobart Cycling Festival. Starts from Glenorchy Pool at 12 noon.

Cygnet Coast Road Loop

A 35km ride starting at Burtons Reserve, Cygnet at 10am. Includes BBQ courtesy Huon Valley Council

=====

Cygnet Family Ride

A 10km family ride starting at Burtons Reserve, Cygnet at 11am. Includes BBQ courtesy Huon Valley Council.

=====

COME AND TRY SESSIONS / COURSES

=====

Bicycle Maintenance Course – Thursday 15 March

Bike Ride shop at 74a Elizabeth St is hosting a bicycle maintenance course.
Cost is \$35. Bookings essential. Phone 6231 6202

=====

Indoor Cycling Studio Come and Try – Thursday 15 March

Endorphin Gym is offering a free session at their indoor cycling studio in Kingston. Phone 6229 8338 to book a spot.

=====

Mountain Bike Come and Try Day – Saturday 17 March

A great introduction to mountain biking. Spend time learning and practicing skills under the guidance of experienced mountain bikers from Dirt Devils MTB club, followed by a ride along fire trails, single track and downhills at the Glenorchy Mountain Bike Park. Starts at 2pm at Hut 9, Tolosa Park.

Cost \$10 adults; \$5 U/16

=====

REGISTERING FOR RIDES

=====

How to enter for events this weekend

You can register for rides on the day. To speed up the process you may wish to download an entry form from the CyclingSouth website at

http://www.cyclingsouth.org/index.php?option=com_content&task=view&id=51&Itemid=64 and fill it out in advance and bring it with you on the day.

=====

Mary McParland

Executive Officer

Cycling South

www.cyclingsouth.org

Tel: (03) 6273-4463

Email: info@cyclingsouth.org

Postal Address: PO Box 708, Glenorchy, Tas 7010

Street Address: Glenorchy Swimming Pool, Anfield St, Glenorchy