

Hey! Cyclists with a disability...

Come and try a time trial

at Stromlo Forest Park and on closed roads

Approx 11 am Saturday 9 July 2011

Open to all aged 10 and over

Have a go.....have some fun!

## The details

- In conjunction with the DBR Australia 2011 Canberra Junior and Womens' Tour
- All cyclists with a disability aged 10 and older are encouraged to participate
  - Boys, girls, women and men
  - All types of cycles and self-propelled cycle-like machines are welcome, including tandems and handcarts
  - Bring your own roadworthy cycle and helmet
- Safe supportive environment – held at Stromlo Forest Park and on local roads which are closed to traffic
- No entry fee
- Distance - up to 9.5 km
- Registration – by 5 July to Cycling ACT Office
  - You will need to complete a registration form and a day licence form available on the website or from David (see below)
- More information – phone David 0419 414200 or go to
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