



ALBURY-WODONGA CYCLING CLUB INC.



Sunday 22nd June

Cane The Can

Nail Can Hill Social Ride

Come along and enjoy the social side of the Can. Choose a group according to your style or ability and pedal the morning away. Finish with a BBQ at Padman Park

Groups

<p>Beginner Team Leaders – Grant Norton and Brad Spinerelli</p> <p>New to Mountainbiking or just finding your feet? Then tag along with these 2 locals lads for a few hours. Pick up some new skills, find a few new trails, all in a social friendly atmosphere.</p>	<p>Intermediate Team Leaders – Paul (I Know Every Trail On The Can) Bristow and Leonie Lewis</p> <p>Been pedalling for a while and want to do some new trails on the Can?? This group is for you!! Paul is our local secret trail expert, come along and find some secret trails that you have ridden past 100 times and never knew were there.</p>	<p>A-Team3 Summit Challenge Team Leader – Danny King</p> <p>Feeling a bit fitter and a little antisocial?? Then this ride is for you. Tag along with Dan and take on the 3 summit challenge. Leaving an hour earlier than the previous groups (8am) the plan is to ride to Wodonga and summit Huon Hill, Return to Albury and bag Eastern Hill, then finish proceedings by climbing on top of the Can. Please ensure that you have a good level of fitness for this ride. A couple of really fit riders to tow Dan would probably be handy as well!!</p>
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Schedule

8am—**A-Team** Meet at Albury Swimming Pool Car Park
9am—**Beginner** and **Intermediate** groups meet at Albury Swimming Pool Car Park
Finish 12pm— All groups converge on Noreuil Park for post ride BBQ and tall tale telling

Facilities at Padman Park

- Toilets
- Plenty of free car parking
- Great area for a post ride BBQ!

Fee

There will be a \$5 charge to cover the BBQ and a cold drink. All riders must have an MTBA licence, or participation licences are available on the day free of charge.

Compulsory Equipment for Ride

- A mountain bike designed for off road riding in good working condition
- **Spare Tube, Pump and Patches**
- Australian Standards approved helmet
- Appropriate footwear - No Sandals
- Enough food for ride - up to 3 hours
- At least 2 bidons of water (1.5litres if you have a camelback)
- **Remember—No Food and water?? No Ride!!!**

For more information please contact Jayne on 0422 589 676,
jayneg-k@westnet.com.au or check www.alburywodongamtb.org.au

(check the FORUM section)