



ALBURY-WODONGA CYCLING CLUB INC.



Sunday 16th March

Eastern Hill & Mungab

social ride

Eastern Hill and Mungab is nice and close to home. While it isn't as popular or have as many tracks as Nail Can it is still well worth a ride out there. For those after bit of a challenge Danny will lead you around for an adventure ride. While those that want to learn something new about MTBing can join the beginners and skills group led by skill-master Grant.

Schedule

Start 10am—Noreuil Park, Albury

Finish 12.30-1.00pm— Noreuil Park for post ride BBQ and story telling

Groups

Beginners group and skills session led by Grant Norton

Intermediate—advanced group led by Danny King

Facilities at Noreuil 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.

Difficulty

Eastern hill as the name suggests is a hill. It can be quite steep in places but in most cases is more than rideable.

The skills session will provide riders with essential and basic skills to navigate MTB courses with confidence.

Compulsory Equipment for Ride

- A bike in good working condition
- **Plenty of spare tubes** (please have at least 2, the area is known to have the odd cathead or two) and a small pump
- 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)

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