

Mt Beauty Social Adventure Ride

Monday 1st October 07

XC and DH



ALBURY-WODONGA CYCLING CLUB INC.

For those yet to experience what Mt Beauty has to offer, it is one of, if not the best riding areas in the region. The climbs test your fitness but you are rewarded with fast flowing downhill singletrack. Scenery is spectacular and the company of course will be outstanding.

Schedule

8.30am	Albury/Wodonga riders looking to car pool meet at Mobil Service Station, Wodonga Place Albury - Adj Fruit and Veg Store
10.00am	Riders meet at Big Hill MTB Park, Mt Beauty
1.30pm	Meet at Mt Beauty Bakery for post ride nourishment, coffees and tall stories!

Groups

XC – Riders will be split into groups according to fitness and skill level.
DH – There will be one group doing shuttles (Soft Option)

Facilities at Big Hill MTB Park

- Toilets
- Car parking
- Ride start only minutes from town centre

Difficulty

XC - 7/10 (Steep climbs and Gnarly Descents)
DH - 7/10 (Steep and Gnarly)

Compulsory Equipment for Adventure Ride

- A bike in good working condition
- Working brakes with sufficient wear left on brake pads
- Australian Standards approved helmet – Full face helmet recommended for DH.
- 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 one of the following organisers or log onto the Website

Cross Country

Jayne Grubits

0415 543 236

jgrubits@utas.edu.au

Down Hill

Mark Sullivan

0416 222 080

www.alburywodongamt.org.au