

Cycling Festival 2007

DATE	EVENT	TIME	START/MEET POINTS	ORGANISED BY	BOOKING CONDITIONS
SAT 26th May	Orienteering on bike	1pm - 3pm	On Track	A. O	Registration on day
	Family Promenade Ride	10am - 5pm	Any one of 4 locations: Rhyl and Prestatyn TIC On Track NW Bowls Centre	B. T	Registration on day. Stamping at each location
	Bike Doctor Session	10am - 5pm	On Track	B.T./A.O.	Turn up on day
SUN 27th May	Intermediate Mountain Bike Ride	10am	On Track	S.B.	Pre-booking required x24 places max
Tues 29th May	10 mile & 30 mile cycle	6.15pm	Saints Fitness Centre Meliden	A.O.	Pre-booking req.
	'Go Ride' Cycle Skills	8 - 16yrs 10am - 1pm	PHS tennis courts	J.H	Pre-booking req. Max 24 each session
		16yrs+ 2pm - 4pm	PHS tennis courts	J.H.	Pre-booking req. Max 24 each session
WED 30th May	5 mile Solo Time Trial	7pm	Whitchurch, Denbigh Grid Ref TBA	B.T	Registration on day (Over 12s only)
THUR 31st May	9 mile Solo Time Trial	7pm	Whitchurch, Denbigh Grid Ref TBA	A.O.	Registration on day (Over 12s only)
	Family Promenade Ride	10am	On Track	S.B.	Pre-booking req.
	Family Promenade Ride	7pm	On Track	S.B.	x16 on each session
FRI 1st June	50 Mile hard hilly ride	2pm	Saints Fitness Centre Meliden	A.O	Turn up on day (Over 16s only)
SAT 2nd June	Bike Doctor Session	10am - 4pm	On Track	S.B	Turn up on day
SUN 3rd June	50 Mile Club Ride	9.15am	Saints Fitness Centre Meliden	A.O	Turn up on day (Over 16s only)
	30 Mile Club Ride	10am	King's Head in Rhuddlan	B.T.	Turn up on day (Over 16s only)

PARENTAL CONSENT REQUIRED FOR UNDER 18s

- Bikes must be roadworthy
- It is recommended helmets and appropriate clothing be worn for the conditions likely to be encountered
- It is recommended that cyclists bring some food and drink for the duration of the cycle where applicable