

BICYCLES ONLY
NEXT 30KMS



HBF Freeway Bike Hike for Asthma

Sunday 21 March 2010



Imagine cycling down the wide open lanes of the Kwinana and Mitchell freeways and through the Graham Farmer Tunnel without any vehicles! There isn't a better way to become active!

Everyone is welcome... from lycra-clad cyclists to mums and dads towing kiddy trailers (and every level in between).

10 kms

A FAMILY-FRIENDLY RIDE STARTING AT GREENWOOD AND ENDING IN JOONDALUP.

30 kms

THIS COURSE STARTS AT BELMONT PARK AND TAKES YOU THROUGH THE GRAHAM FARMER TUNNEL TO JOONDALUP.

60 kms

THE BIG ONE FOR AVID CYCLISTS. RIDE FROM KWINANA ALL THE WAY UP TO JOONDALUP.

By riding together we can raise the awareness of asthma, as well as generate much needed funds for the vital work of the Asthma Foundation of WA!

HBF members receive a healthy 15% off online entry fees.

To register online and start fundraising visit

www.freewaybikehike.com.au

(08) 9244 5200

