

Your Ride Guide

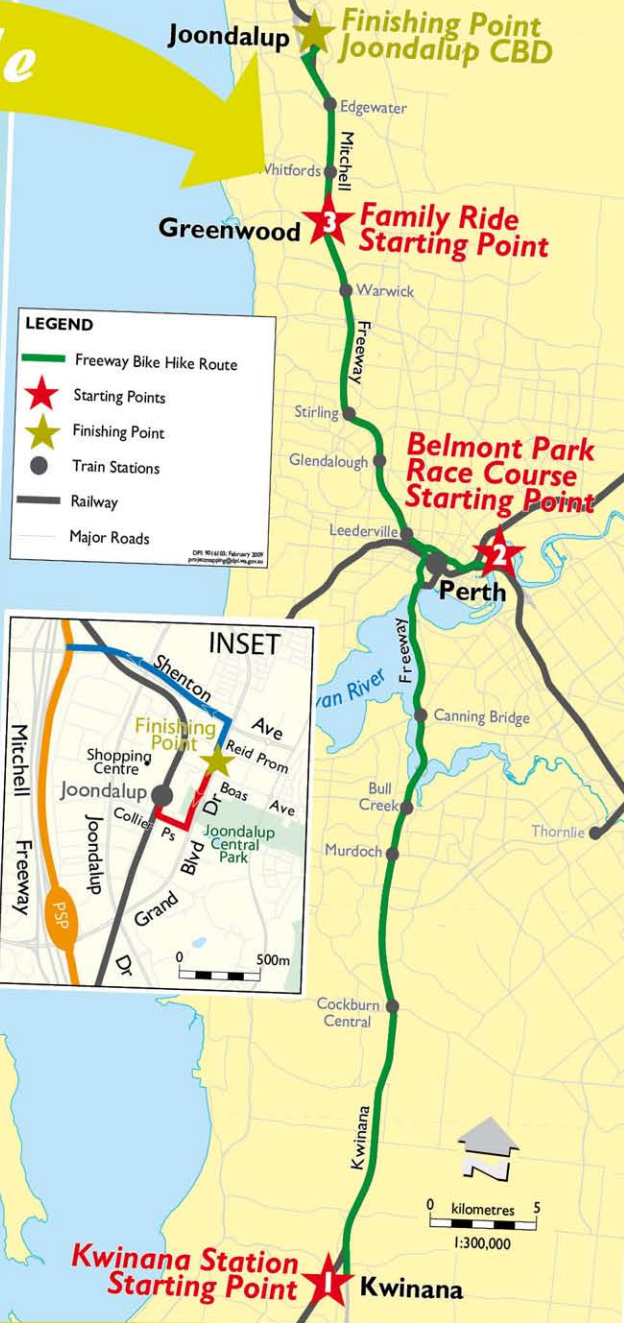


freeway bike hike
for asthma

Sunday, 21 March 2010

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Starting Points



Government of Western Australia
Department of Transport

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Welcome to the 2010 HBF Freeway Bike Hike for Asthma!

Thank you for supporting the Asthma Foundation of WA and we hope you enjoy your ride!

Starting locations

- ★ 1 60km - **Kwinana Train Station** car park.
- ★ 2 30km - **Belmont Park Race Course** car park.
- ★ 3 10km - **Greenwood Train Station** car park.

All rides finish on **Grand Boulevard, Joondalup**.



Starting times

60km

A	7.00am	35kph+
B	7.10am	30-35
C	7.20am	25-30
D	7.30am	20-25

30km

A	8.30am	30kph+
B	8.40am	25-30
C	8.50am	20-25
D	9.00am	<20kph

10km City of Joondalup Family Ride

A	10.30am	<i>I want to ride fast!</i>
B	10.40am	<i>I'm just cruising!</i>

Top 5 things to remember!

1. KEEP LEFT unless overtaking
2. Avoid drafting unless you are experienced
3. Ring your bell when passing slower riders
4. Follow all instructions by route marshals
5. Be courteous to other cyclists and vehicles

Drink stations

- At 10km & 20km point for 30km event
- At 40km and 50km point for 60km event



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www.freewaybikehike.com.au