



Off Road MTB ride

Proceeds support CanTeen -
The Australian Organisation for Young People Living With Cancer

KEP TRACK

Northam – Mundaring

Sunday 25 August 2019

- Transport for you & your bike from Mundaring to Northam
- Support vehicle & trailer follow last riders
- Cost \$30

or

Double KEP

**Ride to Northam, stay
overnight, ride back**

Sat 24 & Sun 25 August 2019

- Support vehicle to carry your overnight gear both ways
- Accommodation in hall included
- Secure bike storage
- Cost \$30 plus meals at local Café or Hotel

P.T.O. for further details

Life Cycle 2 the Capes

5 - 7 October 2019

for details of our 3 day MTB ride see

www.lifecyclewa.com - OffRoad Rider

To register & for the latest information:

www.lifecyclewa.com/practice-rides-2019

Need to contact us? email:

Kep_track_ride@lifecyclewa.com

DETAILS

Sunday 25 August meet in Mundaring

- Meet at Sculpture Park Mundaring, Jacoby St opposite Nichol St
- Arrive 7.30 for 8.00 departure
- Please have pedals loosened or removed for transport
- Optional lunch stop at Bakers Hill Pie Shop
- Choose your own pace or ride with one of our team

What to take:

- Off road Bike in good condition
- Helmet (must be worn while riding)
- Appropriate clothing for conditions
- Water & snacks
- Spare tubes & puncture repair kit

NOTE:

- Riders participate at their own risk
- You must be able to ride 70 Km
- You MUST check in at the finish

-----*Double KEP*-----

Saturday 24 & Sunday 25 August

- Start point Mundaring TBA
- Gear collection point TBA
- Optional lunch stop at Bakers Hill Pie Shop or BYO
- Enjoy the downhill run into Northam

Additional items for Double KEP

- Sleeping gear, (accommodation in hall)
- Change of clothes
- Toiletries
- Money for meals

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