

# MSN bike week

## *Ryde, its lots of fun!*

*Ryde, its lots of fun!* is a one-day event that will promote bicycle safety and community participation in cycling activities. There will be free bicycle and helmet safety checks, short cycling trips and a cycling information seminar, plus FREE GIVEAWAYS.

### Date

Saturday 26th September 2009

### Times

8.00am to 2.30pm

Key activity times (see below)

8.00am – 50 km cycle ride commencing at Anderson Park (experienced cyclists) for approximately 3 hours.

9.00am – 25 km easy ride (experienced cyclists) for approximately 2 hours.

10.00am – 10 km (12 yrs old (plus) cyclists) for approximately 1 hour.

11.00am to 2.30pm – Information sessions.

### Event Details

- Long and short guided cycling trips to explore the local cycle network.
- FREE cycle giveaways for all participants.
- Information stalls.
- Presentations.

- LUNCH provided for participants.
- Learn how to look after your bicycle, your health and your budget all at the same time.

### Location

Anderson Park (off Belmore Street).



### FOR MORE INFORMATION (SEE BELOW)

Call the City of Ryde switch on 9952 8222 or alternatively access the information through Council's website via the link below:

<http://www.ryde.nsw.gov.au/home.htm>

(refer to the What's On column)

OR via the alternate link below (Bike North):

<http://www.bikenorth.org.au/>