

Pedal Power ACT Rides and Events Calendar

Level of Ability Recommended		Terrain Grading
E – Easy – No cycling experience needed M – Medium – For teenagers and healthy adult cyclists. Brisk Breakfast rides MH – Medium Hard – For fit teenagers and athletic adults. Distances up to 100km per day	H – Hard – For experienced cyclists of above average ability. Distances > 100km per day and/or over difficult terrain. XH – Extra Hard – For very fit cyclists with good stamina and determination.	X - Easy flat riding usually on sealed surfaces and suitable for any type of bicycle XX - Hilly terrain over sealed and/or gravel and requiring geared bicycles XXX - hard conditions over mountainous terrain with steep climbs and/or gravel.

August 2004	
Tuesday 3 August Retirees Ride EX – 20km	A leisurely midweek ride commencing at the Curtin Shops (near the Shell Service Station) at 9:00 am. Route and destination determined by riders on the day. Distance to the morning tea shop (end of the ride) 15 km to 20 km. For further details, contact Owen Cook, email: rcook@pcug.org.au , Tel: 6254 2009.
Saturday 7 August Green Square Easy Breakfast Ride (1) EX – 12km one way	Meet at the Carillon, Wendouree Drive (Kings Park) at 8.45 am. Join Natalie for a leisurely ride that will meet up with the other Breakfast Riders for coffee and cake at Green Square. About 12 km one way to the destination. Contact: Natalie, Tel: 0417 698 632.
Saturday 7 August Green Square Breakfast Ride (2) MX – 15km one way	Meet at Acton Ferry Terminal at 9 am. Join Debbie for a brisk ride that will end up at Green Square for the refreshments of your choice. 15 km approximately one way to destination. Contact: Debbie, Tel: 0401 526 739 or (H) 6231 7293
Sunday 8 August Ride of the Century 1 MX – 40km	Meet at Federation Square, Gold Creek at 8.30 am. The first in the popular series of 4 rides that helps you get up to 100 kms. This ride is along the lovely Wallaroo Road and Spring Range Road. Enjoy a coffee after the ride. Contact Malcolm Cook email: malcolm.cook@dewr.gov.au or Tel: 62588742 (home)
Tuesday 10 August Retirees Ride EX – 20km	A midweek ride commencing at Tuggeranong 9.00am. For further details, contact Owen Cook, email: rcook@pcug.org.au , Tel: 6254 2009.
Saturday 14 August Belconnen Breakfast Ride MX – 15-20km one way	Meet at the car park Ginninderra College Emu Bank at 9 am. Riders choose their own route and destination for coffee and cake. Ride 15 to 20 km one way to destination. Contact Chris Mann, Email: chris.mann@defence.gov.au , Tel: 62 42 45 43 (H)
Sunday 15 August Ride of the Century 2 MXX – 60km Wednesday 18 August Retirees Ride EX – 15-20km	<p>Meet at Federation Square, Gold Creek at 8.30 am. The second in the popular series of 4 rides that helps you get up to 100 kms. This ride is along the Nanima Road to Murrumbateman. Enjoy a coffee after the ride. Contact Malcolm Cook email: malcolm.cook@dewr.gov.au or Tel: 62588742 (home)</p> <p>A leisurely midweek ride commencing at the Belconnen Markets carpark (Lathlain Street) at 9:00 am. Route and destination determined by riders on the day. Distance to the morning tea shop (end of the ride) 15 km to 20 km. For further details, contact Owen Cook, email: rcook@pcug.org.au, Tel: 6254 2009.</p>
Saturday 21 August Southlands Easy Breakfast Ride (1) EX – 12-15km one way	Meet at the Carillon at 8.45 am. A leisurely ride that will meet up with the other breakfast riders for coffee and cake in Mawson. About 12 to 15 km one way to destination. Contact Iven Spicer, Email: ispicer@koomarri.asn.au , Tel: 62 41 99 87 (H).
Saturday 21 August Southlands B' fast Ride (2) MX – 15km one way	Meet at the Action Ferry Terminal at 9am. Join Ray for a brisk ride that will end up at Mawson for the refreshments of your choice. Approx 15 km one way to destination. Contact: Ray Barnett, Email: rb@webone.com.au , Tel: (H & W) 62 62 51 75.
Saturday 21 August Majura by MTB MXX	Meet at Hackett shops (southside of shops off Mills St) at 9am. A not too hard introduction to the hills, gullies and squiggly bits of Majura Pines by MTB. Contact Tony Shields, Email: tshields@netspeed.com.au , Tel: 6262 5150.
Sunday 22 August The Big Fat Yum Cha Ride MXX – Approx. 50km	Meet at the New Shanghai Restaurant, Woolley St, Dickson at 8am. A 50 km (approximate) ride out the Barton Highway and down Wallaroo Rd (turn off at Hall) and back in time for Yum Cha lunch. Yum Cha not compulsory but highly recommended (especially the pork buns and the egg tarts). Contact Tony Shields, Email: tshields@netspeed.com.au Tel: 6262 5150.
Sunday 22 August Science Festival Ride for the Planet EX – 17km: Hall to Parliament House	This ride offers a novel way to appreciate the limits of the Earth's atmosphere. The ride is not a race - it is an educational activity for all. Registration opens at 9:30 a.m. Staggered start times: So that most people finish the ride soon after noon. 10:30 a.m. Slow riders set off, 10:50 a.m. Average riders set off, 11:10 a.m. Fast riders set off. Entry: By gold coin donation - but you must complete an entry form. Safety: An adult must accompany riders under 12 years of age. At the finish: You will receive a bag of goodies and invited speakers will discuss pedalling and the environment, and other environmental concerns. Contact: Canberra Skeptics, email: Vicki.Moss@mcglashan.com.au , Tel: 6296 4555. A Community Ride assisted by Pedal Power
Thursday 26 August Retirees Ride EX – 20km	A midweek ride commencing at Tuggeranong 9.00am. For further details, contact Owen Cook, email: rcook@pcug.org.au , Tel: 6254 2009.
Saturday 28 August Tuggers Breakfast Ride MX – 15km one way	Meet outside the Tuggeranong library in Colishaw St, Greenway at 9am. Riders choose their own route and destination where good coffee will be enjoyed. Approx 15 km one way to destination. Contact Chris Mann: Email: chris.mann@defence.gov.au , Tel: 62 42 45 43 (H).
Sunday 29 August Ride of the Century 3 MXX – 80km	Meet at Federation Square, Gold Creek at 8.30 am. The third in the popular series of 4 rides that helps you get up to 100 kms. This ride takes us down the Barton HWY and up the Federal Hwy before the traffic builds up and then through Sutton and Gundaroo before returning via Nanima Road. You might like to bring your lunch or buy lunch in Gundaroo. Enjoy a coffee after the ride. Contact Malcolm Cook email: malcolm.cook@dewr.gov.au or Tel: 62588742 (home).

HELMETS ARE COMPULSORY AND ROAD RULES ARE ADHERED TO ON ALL PEDAL POWER RIDES. BRIGHTLY COLOURED CLOTHING IS STRONGLY RECOMMENDED. THE SAFE CONDUCT OF THE RIDE WILL BE THE RESPONSIBILITY OF THE PARTICIPATING RIDERS. To find out more about leading your own Pedal Power Ride, or if you would like to have this calendar sent to you and to receive all the other benefits of Pedal Power membership, please phone 6248 7995 or visit <http://www.pedalpower.org.au>

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M – Medium – For teenagers and healthy adult cyclists., Brisk Breakfast rides	XH – Extra Hard – For very fit cyclists with good stamina and determination.	XX - Hilly terrain over sealed and/or gravel and requiring geared bicycles.
MH – Medium Hard – For fit teenagers and athletic adults. Distances up to 100km per day.		XXX - hard conditions over mountainous terrain with steep climbs and/or gravel.

September 2004	
Friday 3 September Retirees Ride EX – 15-20km	A leisurely midweek ride commencing at the Curtin Shops (near at the Shell Service Station) at 9:00 am. Route and destination determined by riders on the day. Distance to the morning tea shop (end of the ride) 15 km to 20 km. For further details, contact Owen Cook, email: rcook@pcug.org.au , Tel: 6254 2009.
Saturday 4 September Watson Easy Breakfast Ride (1) EX – 12km one way	Meet at the Carillon, Wendouree Drive (Kings Park) at 8.45 am. Have a leisurely ride to Watson. Meet up with the other breakfast riders for coffee and cake. Approximately 12 km one way to destination. Contact: Iven Spicer, Email: ispicer@koomarri.asn.au , Tel: 62 41 99 87 (H).
Saturday 4 September Watson Breakfast Ride (2) MX – 15km	Meet at the Acton Ferry Terminal at 9am. Join Anemie for a brisk ride that will end up in Watson for the refreshments of your choice. Approx 15 km one way to destination. Contact: Anemie Tel: 62 86 72 23(H).
Saturday 11 September Gungahlin Breakfast Ride EX – 15km one way	Meet at Gold Creek Senior School campus car park, Kellaway Avenue, Nicholls at 9 am. Riders choose their own route and destination where good coffee and cakes can be enjoyed. Approx 15 km one way to destination. Contact Chris Mann: Email: chris.mann@defence.gov.au , Tel: 62 42 45 43 (H).
Sunday 12 September Murrumbateman Backroads and Schonegg MTB MHXX – 90km (approx.)	About 90 km (depending on final route) with about 30km on gravel. Fat Tyres recommended. Road bikes not recommended. Start at Murrumbateman car park at 9am. Ride along the Dog Trap to Yass, then to Jerawa and on the Lada Vale trail back to the Yass River and thence to Cafe Schonegg (Murrumbateman). Contact: Ray Bracewell Email: raymond.bracewell@bigpond.com , Tel: 62 58 53 54.
Monday 13 September Retirees Ride EX – 20km	A midweek ride commencing at the Canberra Yacht Club (Alexandra Drive, Yarralumla) 9.00am. For further details, contact Owen Cook, email: rcook@pcug.org.au , Tel: 6254 2009.
Wednesday 15 September Election Policies & Candidates	A special meeting to quiz the candidates for the ACT Legislative Assembly Elections later in the year....If you reckon cycling gets a raw deal considering its health, environmental and traffic congestion benefits then this is your chance to do something about it. Come along and show the candidates for the ACT election that cycling counts. Johnson Auditorium, Pilgrim House Conference Centre, corner of Northbourne Avenue and Rudd Street, Civic at 7.30pm. Contact Tony Shields, email: advocacy@pedalpower.org.au , Tel: 6262 5150.
Saturday 18 September Yarralumla Easy Breakfast Ride (1) EX – 12km one way	Meet at the Carillon at 8.45 am, Wendouree Drive (Kings Park). Have a leisurely ride to Yarralumla for coffee and cake. Meet up with the faster riders who start at the Acton Ferry Terminal. Approx 12 km one way to destination. Contact Iven Spicer, Email: ispicer@koomarri.asn.au , Tel: 62 41 99 87 (H).
Saturday 18 September Yarralumla Breakfast Ride (2) MX – 15km one way	Meet at the Acton Ferry Terminal at 9am. Join Harvey and Judy for a brisk ride that will end up in Yarralumla for the refreshments of your choice. Approx 15 km one way to destination. Contact Judy & Harvey, Tel: (H) 6296 6089.
Sunday 19 September Ride of the Century 4 MX – 100km	Meet at Federation Square, Gold Creek at 8.30 am. This is the one you have been training for - the final ride in the series of 4 rides that helps you get up to 100 kms. This ride takes us along the Barton and Federal Hwys before the traffic builds up and then along the Old Hwy and across to Gundaroo before returning via Nanima Road. You might like to bring your lunch or buy lunch in Gundaroo. Enjoy a coffee after the ride. Contact Malcolm Cook email: malcolm.cook@dewr.gov.au or Tel: 62588742 (home).
Tuesday 21 September Retirees Ride EX – 15-20km	A leisurely midweek ride commencing at the Belconnen Markets carpark (Lathlain Street) at 9:00 am. Route and destination determined by riders on the day. Distance to the morning tea shop (end of the ride) 15 km to 20 km. Contact Owen Cook, email: rcook@pcug.org.au , Tel: 6254 2009.
September 24 – October 10 Beechworth Wine and Rail Trails	September school holidays. Friday 24th September to Sunday 10th October, 2004 Graded rides to suit the participants, including a very slow ride each day for the less fit cyclists. Are you interested in participating? If interested in a week's (or less) riding in the Beechworth area over the September school, then contact: Lance on email l.keogh@apex.net.au or phone 6251 4417.
Saturday 25 September Woden Breakfast Ride MX – 15km one way	Meet at Edison Park Woden at 9 am. Riders choose their own route and destination with a good cafe at the destination. Approx 15 km one way. Contact Chris Mann: Email: chris.mann@defence.gov.au , Tel: 62 42 45 43 (H).
Sunday September 26 New Members Introductory Ride EX	Join Committee Members and some ride leaders for an introduction to Pedal Power and its activities. Put aside 2 hours to discover the enjoyment of cycling and making new friends. We will start with a few introductions, ride for about an hour at a gentle pace, and find an appropriate place for refreshments, then back to the start. All over by 11 am. Meet at the Acton Ferry Terminal at 9am. Contact: Luke Wensing, Email: president@pedalpower.org.au , Phone: 62583777
Wednesday 29 September Retirees Ride EX – 15-20km	A leisurely midweek ride commencing at the Tuggeranong Town Centre near the Library in Collicot Street at 9:00 am. Route and destination determined by riders on the day Distance to the morning tea shop (end of the ride) 15 km to 20 km. For further details, contact Owen Cook, email: rcook@pcug.org.au , Tel: 6254 2009.
Future Dates	
Saturday 2 October Federation Breakfast Ride (1) EX – 15km one way	Federation the leisurely way breakfast ride 15 km one way. Meet at the Carillon at 7.45 am. Join Carol on a more leisurely tour of the northern suburbs to meet at Federation Square for coffee. Contact: Carol Taylor, 6262 8517 (H), email: textonic@yahoo.com
Saturday 2 October Federation Breakfast Ride (2) MX – 20 km one way	Federation here we come breakfast ride 20 km one way Meet at Acton Ferry Terminal at 8am. Join Ian as he leads us around the bike paths and through the north side to Federation Square. Contact: Ian McAlpine, 6251 2684 (H), email: ianmc Alpine@act.gov.au

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