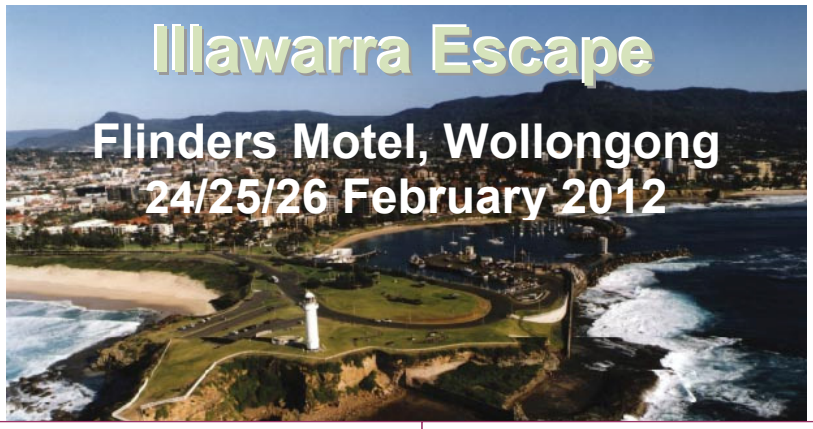
Illawarra Escape

Flinders Motel, Wollongong
24/25/26 February 2012



What's On.

In February, 2012, Pedal Power takes on the Gong for two nights and two days of sun, surf, sea, and Cycling.

We have booked the Flinders Motel in the CBD, A newly refurbished Motel with ample parking and bicycle storage.
Accommodation includes: Twin Share Rooms with ensuite, bar fridge, and tea/coffee making facilities. There is a Thai Restaurant on site and cafes neighbouring the premises. Friday night dinner will be at a local restaurant for all arriving before 8:00pm.

BYO Breakfast food and snacks. Meals are Pay as you go. All linen (towels and sheets) are provided. BYO beach towels.

Saturday

Coast Ride to The Blowhole (45km One Way)

Ride the shared pathway of the Illawarra, from Belmore Basin (Wollongong Harbour), alongside long sandy beaches, past the award winning Nan Tien Temple, and along the shores of Lake Illawarra for Morning Tea at Shellharbour Village. From here, continue on to the home of the Blowhole and lunch at Kiama, or on to the rainforest at Minnamurra Falls for the same distance.

Sound too long? Use CityRail to return to the Gong, or travel to a station between Kiama & Wollongong (to start) for a shorter ride.

Other Possibilities include:

- Return from the Nan Tien Buddhist Temple, Berkley (the largest in the Southern Hemisphere) next to Lake Illawarra, (distance from 25km return),
- Return from Shellharbour Village(distance from 65km return),
- Visit the Botanical Gardens, Space Centre, or any of the entertainment district, (minutes walk from the Flinders), or
- Lunch & bush walks at the Minamurra Falls Rainforest (90km Return).

Saturday Dinner is at the always pleasing Illawarra Builders Club.

Sunday

The Gongride (san 10,000) (55km One Way)

Did you miss the Gongride 2011 (capped at 10000)? Ride the Gongride's scenic section, less the10000 others riding around you. See the Royal National Park from Waterfall to Ottford. Pass Hang Gliders at Bald Hill and down onto the Seacliff Bridge, giving travelers of the Lawrence Hargrave Drive coast road the pleasure of stunning seascape views passing to and from the Gong.

Start the day by taking the train to Waterfall and ride through the Royal National Park to Morning Tea at the Ottford Apple Pie Shop, and then follow the escarpment on through to the Gong.

For More Information contact Chris Mann**:** **Phone** 0413294248 **Email** chris.mann@westnet.com.au

Fax entries to: (02) 6248 7774. Mail entries to: Pedal Power ACT Inc. GPO Box 581, CANBERRA ACT 2601, or
Hand entries in person at Pedal Power Office, 2nd Floor Griffin Centre, Canberra City (Open 1200-1400 Monday - Wednesday)
Office email through pedalpower.org.au **Phone: 02) 62487995**

Personal Details (one form per person)

First Name: _____ Surname: _____ Sex M/F
Address: _____ State:_____ Postcode: _____
Tel: Hm: _____ Wk: _____ Mb: _____ email:_____

Entry fees and Carpooling:

(Entries close 17 February 2012)

Accommodation (@Flinders Motel, Twin Share)

	PP Members	Non-Members
2 Nights Accommodation (Fri/Sat)	$125_____	$135_____
1 Nights Accommodation (Sat)	$65 _____	$70 _____

Early-Bird Rates

(Before 20 Jan 11)

	PP Members	Non-Members
2 Nights Accommodation (Fri/Sat)	$115_____	$125_____
1 Nights Accommodation (Sat)	$60_____	$65 _____

(Before 16 Dec 11)

	PP Members	Non-Members
2 Nights Accommodation (Fri/Sat)	$110_____	$115_____
1 Nights Accommodation (Sat)	$55_____	$60 _____
Rides Only (find own accommodation)	$10_____	$15 _____

TOTAL: **$**_____

Carpooling

I Need a Lift, please Persons _____ Bikes _____
I can give a lift to: Persons_____ Bikes _____

CONDTIONS OF ENTRY All Entrants Must Read and Sign

I acknowledge that participation in this event involves riding on roads with other traffic and I am aware of the risks involved. I (and my child) will ensure that the bike used by me (and my child) in the event is in sound mechanical order and will wear (and ensure that my child wears) a correctly fitted Standards Australia approved cycling helmet. I will comply with the current Australian Road Rules and directions given by police and route marshals, and will ride with care and consideration.

I release and indemnify the organizers, sponsors, and others involved in the event (including Pedal Power ACT inc.) from and against any claims, liability costs and expenses made, suffered or taken by any person or body as a result of the participation by me (or my child) in this event

Payment of entry fees is considered acceptance of these conditions.

Participants Signature: _____

Print Name: _____

Method of Payment

Total Payment Herewith: _**$**_____
Bankcard **Mastercard** **Visa**

Cardholder's Name _____

Card Number _____

Expiry Date _____ / _____ **Total Amount $**_____

Signature: _____