

Pedal Power ACT Rides and Events Calendar

Level of Ability Recommended		Terrain Grading
E – Easy – No cycling experience needed	H – Hard – For experienced cyclists of above average ability. Distances > 100km per day and/or over difficult terrain.	X - Easy flat riding usually on sealed surfaces and suitable for any type of bicycle
M – Medium – For teenagers and healthy adult cyclists	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.

June 2004	
Thursday June 3 Retirees Ride MHXX – 20km	Yacht Club start. 9:00am This is a World Environment Day ride. Weather permitting we will ride round the back of Mt Ainslie to make sure the environment is still OK. For further details, contact Owen Cook, email: rcook@pcug.org.au , Tel: 6254 2009.
Thursday June 3 World Environment Day Ride Do It Yourself Ride	No formal Pedal Power ride, but get on your bike and ride to the shops, to work, to college/uni or just for the fun of it and feel the warm inner glow of doing something positive for the environment.
Saturday June 5 Ride World Environment Day EX – 15km o/w longer options	Meet at Edison Park, Woden at 9am. Chris will lead a ride to Googong Dam (long option), via Queanbeyan (short option) for World Environment Day. So, support the environment and come along! Contact: Chris Mann, chris.mann@defence.gov.au , Tel: 6242 4543 (H)
Friday 11 June Retirees Ride EX – 20km	A midweek ride commencing at Belconnen 9.00am. For further details, contact Owen Cook, email: rcook@pcug.org.au , Tel: 6254 2009.
Saturday 12 June Tour of the North Breakfast Rde EX – 18km plus one way	Meet at Acton Ferry Terminal at 9:00 am - please note the later starting time for the next few months. Join Simon as he leads us on a northern tour to our final morning coffee destination. Contact: Simon Scott, simon.scott@ato.gov.au , Tel: 0416 216 131
Saturday 12 June Shorter Tour of the North Breakfast Ride EX – 15km one way	Meet at the Carillon at 9:00 am - please note later starting time for the next few months. Join Iven on a more leisurely tour of the northern suburbs to meet the other breakfast ride group for morning coffee. Contact: Iven Spicer, ispicer@koomarri.asn.au , Te 16241 9987 (H)
Wednesday 16 June Special General Meeting	7 pm Hellenic Club. See notice in Canberra Cyclist #178.
Wednesday 16 June Pedal Power Social Night EX	This month we have a very interesting presentation by Roz Penfold, who is a physiotherapist. Roz will take us through some theory, then some physical work, such as stretches which will be targeted to cyclists. We will also have some valuable door prizes to give out, so don't miss this one!! From 7:30 at the Hellenic Club, Phillip. Please note the Hellenic Club's dress code, and also non-Hellenic Club members must be signed in at the desk. Contact: Sep Westerhuis & Annie McDevitt, sipkejan@webone.com.au , Tel: 6288 5648.
Saturday 19 June Belconnen Breakfast Ride EX – 15km one way	Meet at 9 am at the car park, Ginninderra College, Emu Bank, Belconnen. Riders choose their own route and destination - good coffee assured. Contact: Chris Mann, chris.mann@defence.gov.au , Tel: 6242 4543 (H)
Saturday 19 June Winter Solstice Dinner Ride MX – 25km	Celebrate winter solstice on a PP dinner ride, 6pm start at Deakin for d'ouvres, curry at Curtin, Duffy for dessert. Lights and bookings essential. \$25 for dinner & drinks. Book and pay at the PP office: 6248 7995. More info: Jeff Ibbotson, ibbo@netspeed.com.au , Tel 6281 5920.
Sunday 20 June Uriarra Cotter Loop MH XX – 50km	Start: At 9:00am. Meet at the carpark near McDonalds Weston (Namatjira Drv [cnr McNalley]). Keep those winter legs lubricated with a loop from Weston via Holder and Duffy to Uriarra Crossing, Mt McDonald, Cotter and back to Weston for coffee. Contact: Phillip Baron, phillip.baron@act.gov.au , Tel: 0407 201467.
Monday 21 June 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 26 June Longriders Café Run MHXX – 90km	Starts at Acton Ferry Terminal at 8am. An informal ride out to the Beetle Nutt Cafe in Bungendore for coffee, regrouping along the way. Goes out via the Airport and Wamboin, returning via Macs Reef Rd, the Federal Highway shoulder and back roads to Acton. Contact: Greg Cunningham, gregcunningham@ozemail.com.au . Tel:6288 6997 or 0438 249 112
Saturday 26 June Come and Try Recumbents EX – 15km	Come and join the OzHPV (Australian Human Powered Vehicle) "Canberra Mob" for a Come and Try Recumbents afternoon. Meet at Acton Ferry Terminal at 1.30pm and join "The Mob" for a short ride to a suitable vacant car park where test rides of the various recumbent bikes and trikes will be available. Coffee stop afterwards where even more questions can be answered. Contact: Peter Heal, email: heal@cyberone.com.au , Tel: 0422103139
Saturday 26 June Over the Hills and far away to Kingston Breakfast Ride EX – 20km one way	Meet at Acton Ferry Terminal at 9:00 am. Derek will lead us around the lake and via a few other diversions to coffee at Kingston. Contact: Derek Castles, derek.castles@foodstandards.gov.au , Tel: 6271 2663.
Saturday 26 June The Watch the Pelicans Breakfast Ride EX – 15km one way	Meet at the Carillon at 9:00 am. Join Carol for a scenic tour around the lake to Kingston to meet the other breakfast riders for a morning coffee break. Contact: Carol Taylor, textonic@yahoo.com , Tel: 6284 6311 (W)
Sunday 27 June Sutton Road Circuit MX – approx 55km	Meet at Acton Ferry Terminal 9.30am and ride out along Sutton Rd with a detour to Wamboin for coffee and something at a spectacular winery/cafe. Return via Federal Hwy. or same way. Contact: june.hornby@anu.edu.au , Tel: 6242 5036.
Tuesday 29 June Retirees Ride EX – 20km	A midweek ride commencing at Curtin 9.00am. For further details, contact Owen Cook, email: rcook@pcug.org.au , Tel: 6254 2009.

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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July 2004	
Saturday 3 July Tuggeranong Breakfast Ride EX – 15km one way	Meet at 9 am outside the library in Colishaw Street, Greenway. Riders choose their own route and destination and reward themselves with a morning coffee break. Contact: Chris Mann, chris.mann@defence.gov.au , Tel: 6242 4543 (H).
Saturday 3 July MTBing in Majura MHXXX -	A not too hard ride of single track trails featuring such tracks as The Appendix, The Intestine, and the track named after the part that comes after the intestine. Leaves Hackett shops (southside) at 9am. Distance: Around an hour and a half with the Hackett Bakery afterwards. Contact: Tony Shields, tshields@netspeed.com.au or 6262 5150.
Sunday 4 July Yum Cha Ride MHXX – 50km approx.	A 50 odd k ride finishing with Yum Cha (not compulsory but highly recommended). Leaves the New Shanghai Restaurant, 23 Woolley St, Dickson at 8.30am. Contact: Tony Shields, tshields@netspeed.com.au or 6262 5150.
Wednesday 7 July Retirees Ride EX – 20km	A midweek ride commencing at the Yacht Club 9.00am. For further details, contact Owen Cook, email: rcook@pcug.org.au , Tel: 6254 2009.
Saturday 10 July End of Financial Year B'fast Ride EX – 18km plus one way	Meet at Acton Ferry at 9:00 am. No matter what your political persuasion, celebrate the end of the financial year with Tony by cycling to O'Malley for delicious bagels. Contact: Tony McKittrick, mckit@webone.com.au , Tel: 6251 5776 (H)
Saturday 10 July Meet for Bagels Breakfast Ride EX – 15km one way	Meet at the Carillon at 9:00 am. Lance will lead riders at a more leisurely pace to meet up with the other group of breakfast riders for bagels in O'Malley. Contact: Lance Keogh, l.keogh@apex.net.aum Tel: 6251 4417
Sunday 11 July Gundaroo Pizza Ride MXX – 120 or 85km	Meet at Charnwood Shops (near newsagent) at 9.00 am for the 120 km ride or at Hall Village at 10.00 am for the 85 km ride. We will ride to Gundaroo and have pizza and hot drinks at the Cork Street Café before deciding which way to return. Bring warm weather gear for winter riding. If you want a shorter ride you could ride one way and have friends/family collect you. Please advise Malcolm by Thursday (8th) so he can make bookings. Contact Malcolm Cook email: malcolm.cook@dewr.gov.au or Tel: 62588742 (home)
Thursday 15 July Retirees Ride EX – 20km	A midweek ride commencing at Belconnen 9.00am. For further details, contact Owen Cook, email: rcook@pcug.org.au , Tel: 6254 2009.
Saturday 17 July Gungahlin Breakfast Ride EX – 15km one way	Meet at 9 am at Gold Creek Senior School Campus car park, Kellaway. Riders choose their own route, destination and morning coffee stop. Contact: Chris Mann, chris.mann@defence.gov.au , Tel: 6242 4543 (H).
Wednesday 21 July Pedal Power Social Night	The July Social night will be a presentation by Luke and Marie Wensing on their recent cycling holiday in New Zealand. Come along and hear of their exploits in the land of the long white cloud! See why New Zealand is one of the most interesting and accessible cycling venues around. Meet at the Hellenic Club, Matilda Street Woden from 7:30 (in the Orpheus Room). Note the Hellenic Club's Dress rules, and please sign in at the desk if you are not a Hellenic Club member. Contact: Sep Westerhuis & Annie McDevitt, sipkejan@webone.com.au , Tel: 6288 5648.
Friday 23 July 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 24 July Going South Breakfast Ride EX – 18km plus one way	Meet at the Carillon at 9:00 am. Join Susan as she heads south towards Kambah for morning coffee. Contact: Susan Mangion, Tel: 6231 9957.
Saturday 24 July The Midway South Breakfast Ride EX – 15km one way	Meet at Edison car park in Woden at 9:00 am. This will be a gentler ride heading south towards Kambah to meet the other group of breakfast riders for coffee and cakes. Contact: Karen McInerney, Karen.McInerney@act.gov.au , Tel: 6251 7600 (H)
Sunday 25 July Longriders Café Run MHXX – 75 or 95km	Starts at 8am at Deeks Forest Park (near cnr of Cotter Rd & Uriarra Rd). An informal ride to the Moon Rock Cafe at Tidbinbilla Tracking Station for coffee, regrouping along the way. Goes out via Uriarra Crossing and the Cotter, with the option of going to the end of the bitumen above Condor Creek. Returns via the Cotter Rd. Contact: Greg Cunningham, gregcunningham@ozemail.com.au . Tel:6288 6997 or 0438 249 112.
Friday 30 July Ride to Bundanoon MH XX – 155km one way	Join the group riding from Canberra to Bundanoon for Christmas in Winter (see below). Ride your bike or the train back on Sunday. 155 km each way, about 7 hours riding. If you'd like to join contact Chris: 6266 7402 (w) 6242 4543 (h), chris.mann@defence.gov.au .
Sat 31 July – Sun 1 August Bundanoon Christmas in Winter M-MH X-XX	Appetite building, Christmas feasting and calorie burning Southern Highlands cycling to suit leisurely pedallers, gung ho century seekers and non-cyclists too. Based at Bundy Youth Hostel or try the local inn for a bit more comfort and privacy. Saturday longish ride to do justice to Xmas dinner, something shorter on Sun. Bookings essential and fill fast. Book and pay ONLY thru the PP Office: 6248 7995 . More info: Jeff, ibbo@netspeed.com.au , 6281 5920.
Future Dates	
Tuesday 3 August Retirees Ride EX – 20km	A midweek ride commencing at Curtin 9.00am. For further details, contact Owen Cook, email: rcook@pcug.org.au , Tel: 6254 2009.
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)

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