

Can you ride a bike?

Can you ride 10 miles?

Can you do it in an hour?

Come and prove it – and we'll give you
a certificate!

Hereford Wheelers Cycling Club (herefordwheelers.com)
invite all local cyclist to join in a 10-mile

"Come-and-Try-It"
Time-Trial Cycle Race

on Thursday 18th June 2009

Event Headquarters: Allensmore Village Hall
(HR2 9AF - 4 miles from Hereford on the A465 Abergavenny road)

HQ opens 6.00pm / Sign on by 6.45pm / Race starts 7.00pm
(Please contact the organiser beforehand if you would like an early start)

Your chance to compete in an official cycle race under CTT rules!

Rules are few and simple:

- Open to anyone over the age of 12
- 12 ~ 18 year olds must have written parental consent
(forms available for this from Coombes cycles,
94 Widemarsh St, Hereford)
- Course is a measured 10-mile circuit on public roads
- Competitors ride individually, starting at 1-minute intervals
- Entry Fee £2
- Bicycles can be of any type but must be fully roadworthy

Families welcome!

Challenge your mates!

Organiser: Stuart Edinborough telephone: 01432 269700
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