

Cycle Instead Bikeweek Bonanza

10-26 March 2017



Program of cycling activities in the Peel Region. Most events are free!

All events - conditions of participation: *Participation is at your own risk *Riders require a bike, an approved helmet and appropriate clothing & footwear
*Children under 16 yrs to be accompanied by an adult *Bring water, insect repellent & sunscreen *Contact the activity host for specific requirements

Pedal Power Family Movie Night (hosted by Greenfields Family & Community Centre and LifeCycle)

Date & Time: Friday 10 March, 6pm - 9pm.
Location: Greenfields Family & Community Centre, corner of Waldron Boulevard & Murdoch Drive.
Activities: Free fun event for all ages & abilities. The movie *The Incredibles* (PG) will be screened after dark using power generated by members of the audience volunteering to take turns to pedal ten special bikes. Bring your bike or scooter to take part in the glow-in-the dark bike decorating activity and chalk trail cycle art before the movie. Other bike powered activities & low cost refreshments available. BYO chair or rug and insect repellent.
Contact: Greenfields Family & Community Centre on 9535 7165 or email gfcc2@bigpond.com

Casual Family Ride on Erskine Nature Trail (with Mandurah's Bikeman)

Date & Time: Sunday 12 March. Meet 9:15am for 9:30am start.
Meet Point: Mandurah Quay Resort car park, Mandurah Quay Drive, Erskine.
Activities: Enjoy a 6km family ride on the Erskine Nature Trail. Choice of two routes to cater for all ages and abilities - dirt trail option for wide-tyred bikes or a sealed bike path route for all types of bikes. BYO water and snacks for a morning tea break at Dampier Reserve. Pre-registration required.
Contact: Mandurah's Bikeman on 9582 9525 or email info@mbm.com.au

Beginner Bicycle Maintenance Session (with Mandurah's Bikeman)

Date & Time: Wednesday 15 March, 6pm - 7pm
Location: Mandurah's Bikeman, Shop 2/65 Pinjarra Road, Mandurah.
Activities: Basic repairs, lubrication and cleaning your bike. Gift bag supplied to each participant. Pre-registration required. Extra session will be provided if oversubscribed.
Contact: Mandurah's Bikeman on 9582 9525 or email info@mbm.com.au

Family Fun & Pedal Power Movie Night (with Boddington Community Resource Centre)

Date & Time: Friday 17 March, 5:30pm - 9pm.
Location: Hotham River Foreshore, Wuraming Avenue (or Sports Pavilion if raining), Boddington.
Activities: Fun family event to celebrate Bike Week & Harmony Week. The movie *The Life of Pi* (PG) will be screened after dark using power generated by members of the audience volunteering to take turns to pedal ten special bikes. Bring along your children's bike or scooter for them to have fun drawing shapes & lines using a clip-on Chalk Trail kit before the movie. Other fun activities & low cost refreshments available. BYO chair or rug & insect repellent.
Contact: Boddington Community Resource Centre on 9883 8246 or our facebook events page.

Munda Biddi Trail Explorer Ride (with Dwellingup Adventures)

Date & Time: Saturday 18 March. Meet 7am. Bus transport to start points departs 7:30am.
Meet Point: Dwellingup Adventures, Corner of Marrinup & Newton Streets.
Activities: Self-guided, supported ride at own pace on Munda Biddi Trail. Option of 25km or 39km routes. Longer route not suited to young or beginner mountain bike riders. Riders & bikes transported by bus to start points. Follow map to return to Dwellingup before 5pm. Map provided. Bring lots of water & own refreshments. Max 20 participants. Bookings essential.
Cost: Free if BYO mountain bike or \$35 if hiring a Specialized Rockhopper mountain bike.
Contact: Dwellingup Adventures on 9538 1127 or email dwqpadv@westnet.com.au

Come & Try BMX Racing for Ages 3+yrs (with Mandurah BMX Club)

Date & Time: Saturday 18 March. Registrations 1:30pm for 2pm start. Finish around 4pm.
Location: Caterpillar Park BMX Track, Park Road, Mandurah.
Activities: Free coaching session followed by age group novice races around track. BMX bikes preferred but street bikes acceptable. All riders must wear helmets, long sleeved clothes and enclosed footwear. Sausage sizzle afterwards.
Contact: www.facebook.com/MandurahBMX/ or email mandurahbmxclub@gmail.com

Free Bike Parking & Cycle Power Activities at Channel 7 Mandurah Crab Fest Presented by LiveLighter

Dates: Saturday 18 and Sunday 19 March.
Location: Mandurah Eastern Foreshore.
Activities: Cycle to Mandurah Crab Fest for a healthy, fun, hassle free transport option. Park and pick up your bike at any time between 10am and 5pm from either of the two secure locations at Gloria Jeans car park, Mandurah Terrace and Reading Cinema car park, Ormsby Terrace. Have fun taking part in unique cycle power activities. Pedal a special bike to help generate the power for appliances, lights or an outdoor movie (Cycle Power activities subject to confirmation).
Contact: www.crabfest.com.au or Events Team on 9550 3840 or eventsteam@mandurah.wa.gov.au

Cycle Racing: Skills Training Session (with Peel District Cycling Club)

Dates & Time: Sunday 19 March, 8am-12noon.
Location: Criterium course, Kwinana Motorplex, Anketell Rad, Kwinana Beach.
Activities: Learn cycling & racing techniques on a closed road circuit from highly experienced & qualified coach, Bob Addy. Training includes learning to corner, echelon, rolling turns and many other integral bike skills. Ages 12+yrs (children under 18yrs to be accompanied by parent/guardian).
Cost: \$5 for members; \$10 for non-members; Free to be a spectator. Bookings required.
Contact: Info & RSVP at www.pdcc.asn.au or email secretary@pdcc.asn.au or president@pdcc.asn.au

Over 45's Social Group Ride (with Mandurah Murray Vietnam Veterans Group in conjunction with Pinjarra RSL)

Date & Time: Monday 20 March. Meet 8am for 8:15am start.
Meet Point: MMVVG clubhouse, Pinjarra Rd., Ravenswood (opposite Ravenswood Hotel).
Activities: Casual 90 minute social ride on freeway cycle path. Average speed of 20km p/hr but slower riders will not be left behind. Minimum of two drink stops. All riders welcome, especially current & ex-service personnel, their friends and spouses. Free morning tea & social time afterwards.
Contact: Tim on 0400 131 221 or email tt.trent@gmail.com

Over 50's Give-it-a-Go Ride (with Mandurah Over 55 Cycling Club)

Date & Time: Tuesday 21 March. Registrations 8:45am for 9am start.
Meet Point: Old Mandurah Yacht Club Hall, Mary Street, Mandurah.
Activities: Select from rides to suit your own ability. All abilities catered for with rides led by experienced ride leaders. Helmets & high-viz tops to be worn. Free morning tea and social time afterwards.
Contact: Colin on 0417 196 023 or email secretary@mandurahover55cyclingclub.org.au

Over 40's Come & Try Ride (with Silver Wheels Cycle Club)

Date & Time: Wednesday 22 March. Registrations at 7:30am for 8am start.
Meet Point: Falcon Pavilion, Lynda Street, Falcon.
Activities: Select from rides to suit your own ability. All abilities catered for with rides led by experienced ride leaders. Free morning tea afterwards.
Contact: Pam on 9534 2539 or email topsy08@hotmail.com

Pedal for a Picnic Family Ride (with Mandurah Fleet Cycles)

Dates & Time: Saturday 25 March. Meet 4:45pm for 5pm start.
Meet Point: Mandurah Fleet Cycles, Unit 7/8 Magenta Terrace, Mandurah (next to Officeworks).
Activities: Enjoy a casual 3km family ride to Madora Bay Surf Club for a sunset picnic. BYO bike, picnic food and rug. Bring bike lights and high-viz tops for your return ride back to the shop or home.
Contact: Mickey on 9583 3444 or email fleetcyclesmandurah@inbox.com

Family Bike Fun & Pedal Power Movie Night (with Satterley Austin Lakes)

Date & Time: Saturday 25 March, 6pm - 10pm.
Location: Adventureescape playground, Inlet Boulevard, Austin Lakes (off South Yunderup Road).
Activities: Free fun event for all ages and abilities. Bring your bike decorated with glow in the dark items and enjoy some bike riding fun around the park before the movie for the chance to win prizes. The movie *The BFG* (PG) will be screened after dark, powered by audience members pedalling ten special bicycles. Low cost refreshments available. Bring a chair or rug.
Contact: Full details at [facebook.com/austin.lakes.southyunderup](https://www.facebook.com/austin.lakes.southyunderup) or phone Pieta on 9368 9040.

Triathlon Taster: Have-a-Try Charity Race (with Mandurah Triathlon Club)

Dates & Time: Sunday 26 March. Registrations 6am - 6:45am for 7am start.
Location: Doddies Beach, Halls Head Parade, Halls Head Foreshore (opposite Dome café).
Activities: Challenge yourself with a triathlon. Select from the taster race (swim 150m, cycle 7.5km, run 1.5km) or the longer race (swim 300m, cycle 15km, run 3km). Option for novices to bring along 1 or 2 team mates to complete the race as a relay. Minimum age 16yrs. Spectators welcome. Participation fees apply for non-members.
Cost: Visit www.trimandurah.com or email info@trimandurah.com

Cycle Racing: Coaching & Have-a-Try Session for New Racers & Little Critters (with Peel District Cycling Club)

Dates & Time: Sunday 26 March. Registrations from 7am. Coaching session starts 7:30am. Races start 8am.
Location: Criterium course, Baker Street, Pinjarra.
Activities: Experience the thrills of cycle racing. Coaching session available for riders new to racing to learn about team & individual racing techniques and training opportunities. Children under 11yrs of age can take part in a free "Little Critters" ride (all bikes accepted). Spectators welcome.
Cost: Fees apply if riding or attending coaching session; Free for "Little Critters" ride and spectators.
Contact: Full details at www.ringcritseries.asn.au/new-racer or contact Liam on 0432 627 002.