



### BDO Brisbane Coot-tha Challenge 2010 rides

Join the River City Cycles team from in February for preparation rides in the lead up to the BDO Brisbane Coot-tha Challenge 21 March 2010. Join the rides and you will not only be prepared to take on the BDO Brisbane Coot-tha Challenge but you will also receive tips from Ben Johnson, a former professional rider for the French *Agritubel Pro Cycling Team*.

#### Timetable of preparation rides

Date	Ride Focus	Start Location	Time
Tuesday 9 February	Ride Technique	483 Fairfield Rd Yeronga	5:45am
Tuesday 16 February	Ride Positioning	483 Fairfield Rd Yeronga	5:45am
Tuesday 23 February	Strength	483 Fairfield Rd Yeronga	5:45am
Tuesday 2 March	Strength	483 Fairfield Rd Yeronga	5:45am
Tuesday 9 March	Mt Coot-tha Decent	Slaughter Falls Car park Mt Coot-tha	5:45am
Tuesday 16 March	Taper Ride	483 Fairfield Rd Yeronga	5:45am

The preparation rides are FREE but you must register your interest as numbers are limited. All levels are welcome please advise when you register you interest on what level you are current (beginner, intermediate or advanced) to ensure you are cater appropriately for on the morning.

Please register your interest at:

**Email:** [craigs@rivercitycycles.com.au](mailto:craigs@rivercitycycles.com.au)

**Phone:** 07 3892 4955

**Shop:** River City Cycles at 483 Fairfield Road Yeronga.

