

PERTH INTEGRATED HEALTH CYCLING GROUP



PIH Northern Districts
Unit 12, 8 Booth Place
Balcatta (via Erindale Road)
Tel: 9240 5266 Fax: 9240 1522

PIH Cycling Group
www.pihc.com.au/cycling

Melville Aquatic Fitness Centre
Marmion St, Booragoon
Tel: 9364 8626

Ruyi Enterprises Pty Ltd
ABN: 67 131 803 239

P.O Box 1574, Applecross, 6953
ABN: 73 069 383 900
ACN: 069 383 900

PERTH INTEGRATED HEALTH CYCLING GROUP BUNCHRIDES 2012

1. C15 Espresso Ardross ride – also known as PIHCG Bunch Training Ride

- Alternate Saturday mornings
- 5.20am meet for 5.30am start till 7am
- Speed: 28 – 32km/h
- Distance: 30-35km

2. Armadale Hills Ride:

- Alternate Sunday mornings
- 8am meet for 8.15am start till 11am
- Speed: 28 – 32km/h
- Distance: 60km

3. PIH ND Bunchride – also known as PIHCG Bunch Training Ride

- Alternate Saturday mornings
- 5.20am meet for 5.30am start till 7am
- Speed: 28 – 32 km/h
- Distance: 30 – 35km

4. PIHCG Divas Bunchride (Women's only bunchride):

- Thursday mornings
- 5.50am meet for 6am start till 7.30am
- Speed: 24-28km/h
- Distance: 30 – 40km

5. PIHCG Friday Iggs Ride:

- Friday mornings
- 5.200am for 5.30am start till 7am
- Speed: 30-35km/h
- Distance: 35km



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6. PIHCG FAST Ride @ Kings Park:

- Thursday mornings
- 5.20am meet for 5.30am start @ Frasers Restaurant
- Speed: 30km/h+
- Distance: ~50km

7. PIHCG Malaga to the Hills Ride:

- Alternate Sunday mornings
- 5.50am meet for 6am start
- Speed: 27-29km/h
- Distance: 80km

To be part of these groups, you are required to do the following:

1. Complete the PIHCG Bunch Ride indemnity form and also read the Rules and Regulations (attached)
2. Nominate the Bunch Ride you wish to participate in e.g. Dome Armadale (don't use numbering but name the actual ride);
3. Provide the following details:
 - Name
 - Mobile Phone
 - DOB
 - Land Line
 - Next of Kin and Contact
 - Average Speed
 - Average Weekly Distance
4. The above details needs to be emailed to our PIHCG Admin Officer, Inez Ngiau at both inez@pihc.com.au and cycling@pihc.com.au (please do send to both addresses).



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5. Note that only 20 riders will be permitted at any one time on any PIHCG Bunch Ride for safety reasons.
 6. Riders are able to nominate in and out of their selected Bunch Rides by informing their Bunch Ride leaders who will subsequently receive the updated list on a fortnightly basis from the PIHCG Admin Officer.
 7. You are also required to email the PIHCG Admin Officer at: inez@pihc.com.au when you are planning to leave or opt out of any particular Bunch Ride.
 8. Riders who do not notify PIHCG and their Bunch Ride leader of their movements over three consecutive rides will be removed from the list.
 9. For all the bunchrides, the requirements include:
 1. PIHCG cycling attire
 2. Front and rear lights at all times
 3. Repair kit and tyres checked
 4. Two water bottles
 5. Helmet
 6. Gloves
 7. Protective glasses

Please send your nominations and request for inclusion to the PIHCG Bunch Ride in the format appended above together with the appropriate information.

