



PERTH INTEGRATED HEALTH  
CYCLING GROUP



Sunday 17<sup>th</sup> May 2015

## City of Armadale Grand Fondo 2015 – Newsletter #1

### Introduction

The wheels are turning fast and developments for the City of Armadale Grand Fondo 2015 even though it is still November 2014!

This is the first of the series of E-Newsletters and for further updates leading to the event follow us on Facebook under: City of Armadale Grand Fondo

### Thank You – Participants for CAGF 2014 – Christmas Shopping Special!

As the year ends – we remember the people who made CAGF 2014 a success! We have organised with our sponsor Glen Parker Cycles a very special Christmas Shopping Evening at their store in Nedlands with discounts of between 15 to 20 % off EVERYTHING in the store.

The catch?

You need to be a registered member of CAGF 2014 and / or CAGF 2015 as we will have the registration list available on the night as the Guest List for your entry.

Date: Thursday 4<sup>th</sup> Dec 2014

Time: ONLY from 730 pm to 900 pm

Entrance; via the REAR of the Store. Discounted prices will only start once we officially open the store as the Special Christmas Shopping Night!

A black banner for Glen Parker Cycles. At the top, the text 'GLEN PARKER CYCLES' is written in a large, stylized, red and white font. Below this, in a smaller red font, is the text 'Perth's Biggest Range of Racing &amp; Recreational Bikes'. In the center, the phone number 'Tel: 9386 6408' is displayed in white, with the website 'www.glenparker.com' and the address '125 Stirling Hwy, Nedlands WA 6009' below it. On the left, there is a red starburst graphic with the text 'Quality Bikes at the Best Prices!'. On the right, there is a black box with the text 'Perth's #1 Road Bike Specialist' in white.

WEBSITE: [www.armadalegf.com.au](http://www.armadalegf.com.au)

Ruyi Enterprises Pty Ltd  
ABN: 67 131 803 239  
P.O. Box 1574, Applecross WA 6953

Tel: 08-9240 5266 / 08-9364 8626  
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Prizes: If you turn up for the special evening with a Christmas costume – you will be in the running to win TWO potential prizes! One prize for the BEST Christmas costume and ONE prize for the WORSE Christmas costume.

Coffee & Snacks: available for purchase at the rear compound of Glen Parker Cycles from 7 pm to 9 pm provided by our friends Café 2 U Kenwick Maddington.

Remember this is THE NIGHT to bring your family so they can BUY FOR YOU the appropriate cycling related Christmas present!!

#### Hydration Provider & Sponsor

We are pleased to announce that Enervit Active Hydration from Italy is the hydration provider for CAGF 2015. Enervit hydration will be provided at all of the official stop points along the route and as a bonus for EARLY BIRD registrants – they will also sponsor an Italian made Enervit 500 ml drink bottle valued at \$6.00 from now to the 31 Dec 2014



Please follow them via Facebook as [Enervit Australia](#)

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### Early Bird Registration

Registration at 2014 prices and also a price differentiation for the 40 km, 80 km and 100 km is now available from now to the 31<sup>st</sup> Dec 2014. Beat the inflationary rates by signing up for CAGF 17<sup>th</sup> May 2014 now via:

<https://www.registernow.com.au/secure/Register.aspx?E=13124>



### Three Distances To Choose From

CAGF 2015 promises to offer a route for EVERY level and type of developing and progressive cyclist.

Choose from the:

- Piccolo Fondo – 40 km – flat community / achievement ride.
- Medio Fondo – 80 km – for developing riders wishing to achieve a middle distance and also for those who wish a challenge WITHIN the Cycling touring distance.
- Gran Fondo – 100 km – for established riders wanting to not only achieve a sense of greater challenge and for others also doing 100 km with around 2000 metres of hill climbing.

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### Prizes

We have raised the prize money for this Cycling Touring event NOT because it is a RACE because it is NOT, but because we recognise the fact that riders like a little excitement to their event.

We have a prize pool of \$5000.00 for CAGF 2015 which will go to provide a challenge in the following categories:

1. Age categories for the KOM / QOM / Sprint sections
2. Fastest time categories for the KOM / QOM / Sprint sections
3. There are a total of 2 KOM / QOM & 2 Sprint sections for the 100 km Gran distance
4. There are a total of 1 KOM / QOM and 1 Sprint section for the 80 km Medio distance

### Facebook

Remember to FOLLOW us on Facebook the updates and latest on CAGF 2015 under:

City of Armadale Grand Fondo:

<https://www.facebook.com/pages/City-of-Armadale-Grand-Fondo/465177663514492?ref=hl>

Perth Integrated Health Cycling Group:

<https://www.facebook.com/pages/Perth-Integrated-Health-Cycling-Group-PIHCG/137988387218?ref=hl>

Kind regards

**Ian Wee & Rob Branch**  
**Event Directors**  
**CAGF 2015**

Ian: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)

Rob: [rob@pihc.com.au](mailto:rob@pihc.com.au)

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