



PERTH INTEGRATED HEALTH
CYCLING GROUP



Sunday 17th May 2015

City of Armadale Grand Fondo – Newsletter #2

Bikeweek Breakfast @ Canning Bridge

CAGF is proud to be the major sponsor for Bikeweek Breakfast @ Canning Bridge on the 19th March 2015 Thursday. Come and visit our stand to learn all of the latest developments of the City of Armadale Grand Fondo



To register for this Breakfast at Canning Bridge for the cooked breakfast and lucky draw prizes do so via: www.armadalegf.com.au

Progression in Cycling

CAGF believes in Progressive Cycling which is why we created a variety of ride distances over the past few years and also variations to our routes to keep cyclists focused and attentive.

Read the attached article on Progression in Cycling and see if it applies to you as it may help your longevity on the bike

Early Bird Registrations

Extended to the end of Feb 2015 so now is your time to sign up via our website below!

WEBSITE: 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
Fax: 08-9240 1522
Email: cycling@pihc.com.au



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Major sponsor – Medio Fondo



We are pleased to have new sponsors Byfields Business Advisers as the major sponsor for the Medio Fondo (80 km) distance. Byfields has been the supporting structure providing tax and business advice to the Perth Integrated Health group of companies over the past 25 years and are excellent at what they do. Ask for Team Northcote if you are looking for great business advisers for yourself, your business or company.

Wilier Trestina Returns!



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The trusted Wilier gantry which made its FIRST debut in Australia at CAGF 2014 will return in CAGF 2015 with our commencement point at Jull Street Mall. Always GREAT to start and end an event riding through one of these arches!



Look out for our Enervit Nutrition & Hydration workshop for CAGF participants. This workshop will be held in mid-April 2015 and you will be informed. Part of our commitment towards progression and appropriate training for CAGF 2015.

Timing Chips CAGF 2015

CAGF 2015 is NOT a race and the timing chips used will be only activated for two primary reasons:

1. For the event organisers to ensure your safety at key points along the routes;
2. Enable us to determine the KOM / QOM / Sprint section winners for the event.

Note that we will also provide participants with tracking systems so that their families will be able to follow them along the route.

CAGF 2015 will be powered once again by Blue Chip Timing.

Prizes for CAGF 2015

We have a pool of \$5000 worth of prizes to give away for CAGF 2015 thanks to our sponsors and synergy partners. These prizes are designed to be spread out so that we are able to honour and support as wide a field as possible for CAGF.

The categories available are:

KOM / QOM Segments of which there are TWO for CAGF 100 and ONE for CAGF 80.

Sprint segments of which there are ONE each for CAGF 100 and CAGF 80.

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The prizes are as follows:

KOM / QOM Segment

15 to 19 years Male / Female
20 to 24 years Male / Female
25 to 29 years Male / Female
30 to 34 years Male / Female
35 to 39 years Male / Female
40 to 44 years Male / Female
45 to 49 years Male / Female
50 to 54 years Male / Female
55 to 59 years Male / Female
60 to 64 years Male / Female
65 to 69 years Male / Female
70 to 74 years Male / Female
75 years and above Male / Female

Sprint Segments

15 to 19 years Male / Female
20 to 24 years Male / Female
25 to 29 years Male / Female
30 to 34 years Male / Female
35 to 39 years Male / Female
40 to 44 years Male / Female
45 to 49 years Male / Female
50 to 54 years Male / Female
55 to 59 years Male / Female
60 to 64 years Male / Female
65 to 69 years Male / Female
70 to 74 years Male / Female
75 years and above Male / Female

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Note that the CAGF 40 is a Community ride and hence there are no allocated prizes BUT we will have random participation prizes planned and this will be announced closer to the event.

The type of prizes to be given will also be announced at a later date once we have finalised all of our sponsor categories.



CAGF 2015 will be coffee fuelled (!) by Café 2 U spearheaded by Andy and Mandy Lynch of Café 2 U Kenwick Maddington who will be coordinating these Vans throughout CAGF and at strategic stops for the benefit of the riders. Check out our Facebook page in the coming weeks for development plans here!

Jull St Mall – The Hub of CAGF Activity

The Council for the City of Armadale have done a splendid job in refurbishing Jull St Mall and CAGF 2015 will be one of the first beneficiaries of this upgraded facilities on the 17th May 2015

The CAGF Cycling Tent City will be stationed here and this will be hub of the whole event with bikes, bike related equipment and other event organisers present.

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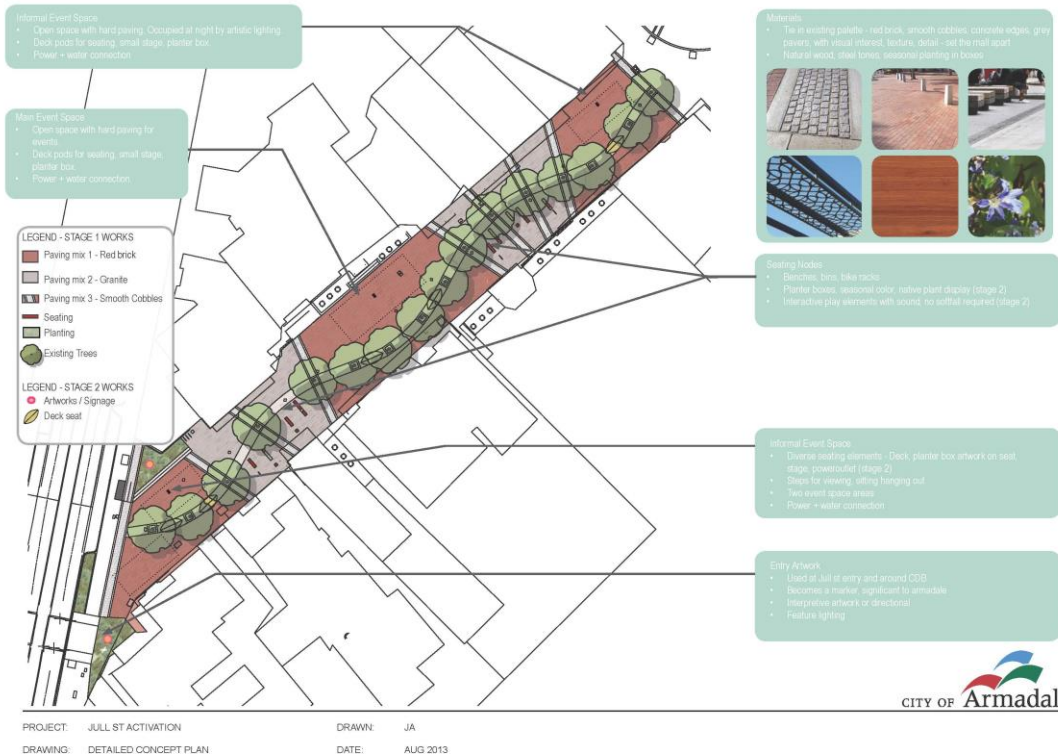
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Refurbished Jull St Mall – City of Armadale

Attention Bike Shops!

Bike Shops – if you can form a minimum of 20 riders from your Shop Ride, you are entitled to COMPLIMENTARY tent space at the CAGF Cycling Tent City at Jull St Mall on the day of the event.

You will need to submit the list of riders who have registered and we will verify this list and then provide you with your allocated tent space where you will be welcome to display and sell bikes and products that you carry in your shop.

If you belong to a Shop Ride you may wish to pass this info on the Shop Manager ASAP!

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They need to contact Event Director Ian Wee at: ianwee@pihc.com.au with the list of their participants and their intention for Display / Sales at the Cycling Tent City

Attention Social Groups

Social groups with 10 or more riders are also welcome to host their own 'HQ' 3m x 3m tent space at no charge at the Cycling Tent City. In this instance you need to appoint a Ride Captain for your Team and organise for all of the riders to sign up quickly.

Once you have secured MORE than 10 riders the appointed Ride Captain then emails Event Manager Rob Branch at: rob@pihc.com.au with the list of names.

Further Information & Networking

If you require further information please write to either:

Ian Wee
Event Director CAGF: ianwee@pihc.com.au

Rob Branch
Event Manager CAGF: rob@pihc.com.au

Follow us also on:

Facebook under: City of Armadale Grand Fondo

Twitter: @pihcg

Instagram: pihcg

LinkedIn: via Cycling Business Network (CBN-PIHCG)

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