



CAGF 17th May 2015

Introduction

The April edition of the Perth Integrated Health Cycling Group (PIHCG)'s E-newsletter focuses on our signature event – the City of Armadale Grand Fondo.

In our 3rd year of operations, CAGF 2015 continues to attract new firsts which follows on the profile of the previous year. The first ever Grand Fondo in Western Australia now has the following highlights for 2015.

Wilier Trestina Izoard Bike



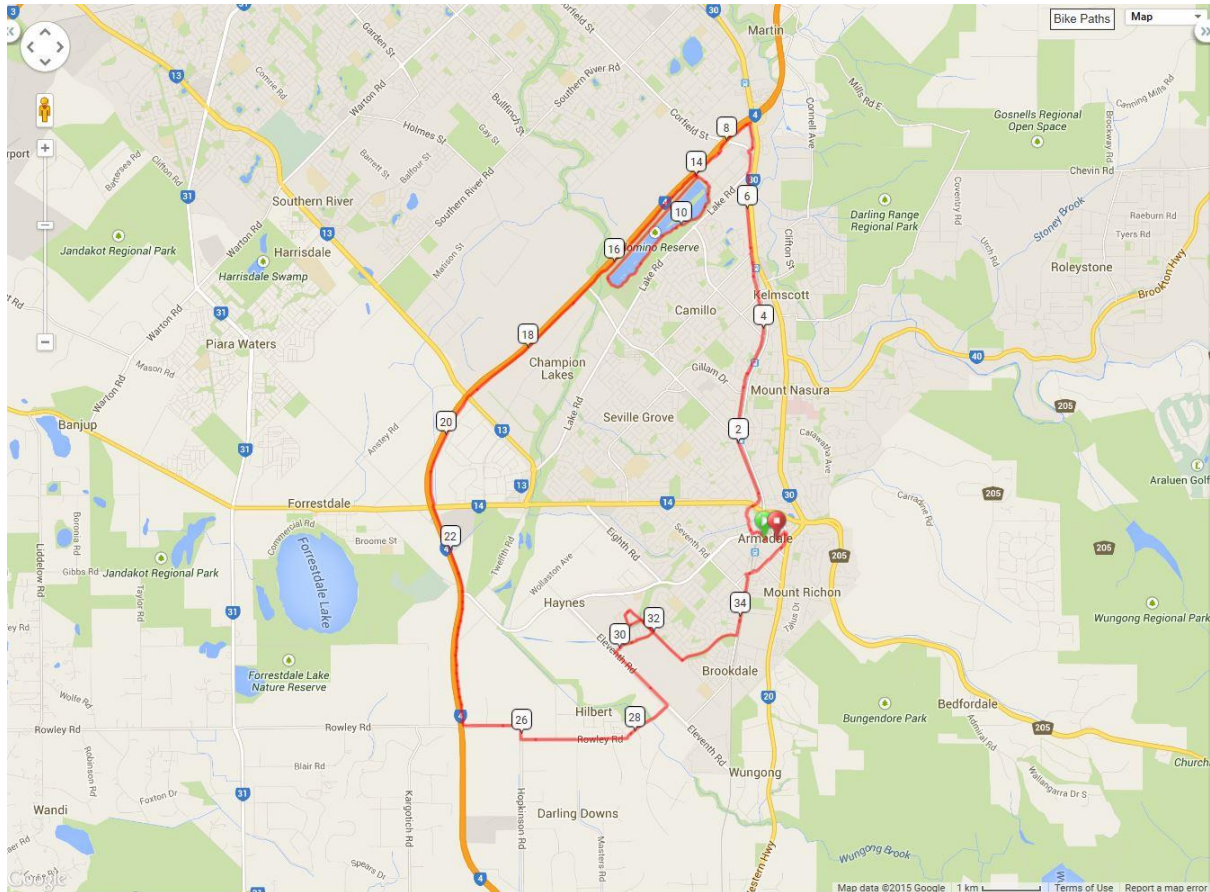
A joint sponsorship by the Reliance Partners Insurance Brokers South Perth, Glen Parker Cycles, De Grandi Cycle & Sport and the Perth Integrated Health Cycling Group – this bike is worth \$2200 with Shimano 105 groupset as standard.

The Wilier bike is our major lucky prize draw and all registered participants of CAGF 2015 will be eligible. The draw will be made at 1 pm on the 17th May 2015 at the Cycling Tent City in Jull St Mall. The winner will be announced and if they are not present at the time of the presentation, the lucky draw will be redrawn until a winner is identified and present to receive his or her prize!

The Grand Fondo is also a Community Ride

You don't have to do 80 km or 100 km to be part of our Grand Fondo. If you are a developing rider – why not try out for our 40 km community ride or otherwise called our Piccolo Fondo.

With hardly any elevations to tackle – this will be the ride to also build upon your cycling targets and also take the road ready kids.



Draft Route of CAGF 40 km or the Piccolo Fondo – 17th May 2015.

Hydration & Nutrition

We are privileged to showcase the preferred nutritional product of the European theatre of cycling – Enervit Nutrition & Hydration.

Enervit hydration will be available at the Cycling Tent City and the various water stops along the way.

As an added bonus to signing up for CAGF 2015 – all registered participants will also receive a complimentary Enervit water bottle valued at \$6.00 each at the time of collecting their Event Pack.



Please support our sponsor by following them on their Facebook page as Enervit Australia.

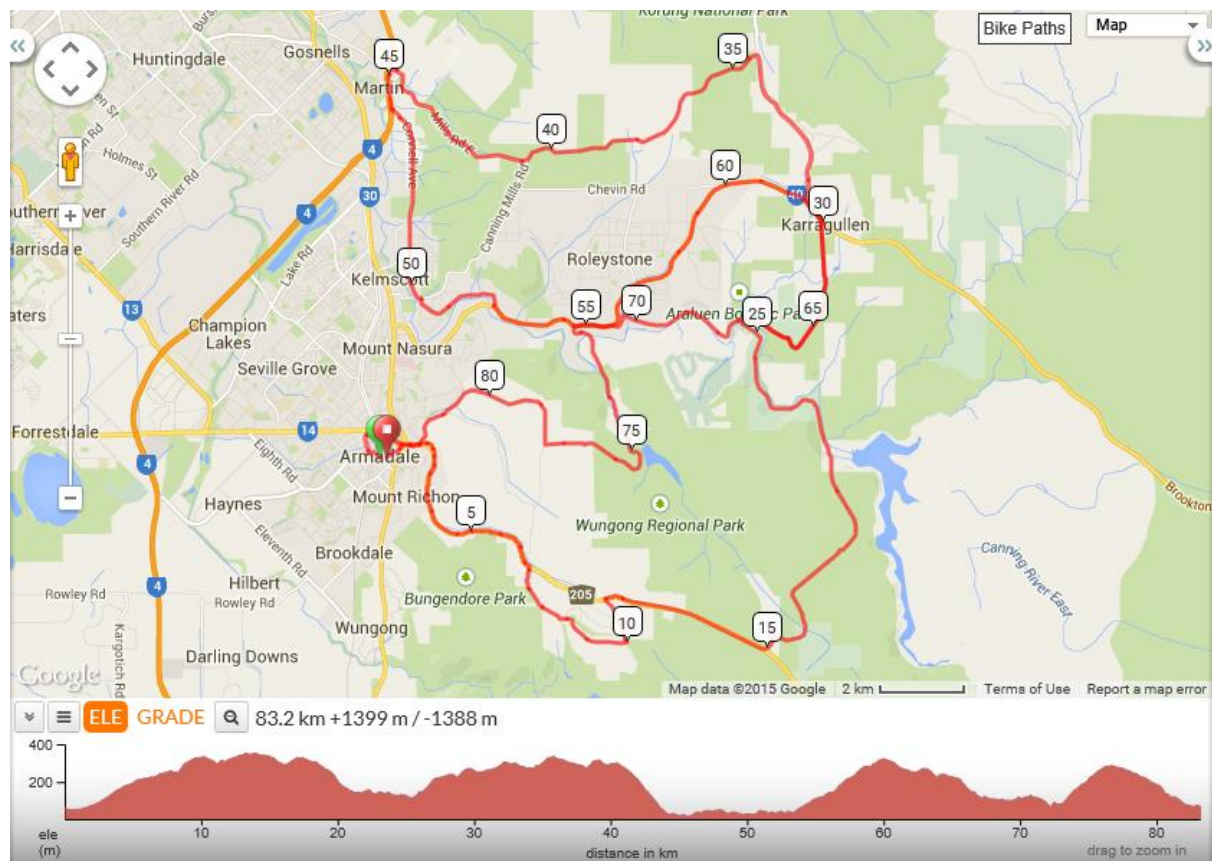
For those interested in purchasing these quality Enervit products used by many of the UCI and Italian Gran Fondos you can purchase them directly from the on-line store with options for post pack delivery via:

<https://www.registernow.com.au/secure/Register.aspx?E=16095>

Game Enough for the 80 Km or Medio Fondo?

This is regarded as the game changer for many a rider who is wishing to make the next step towards achieving a 100 km ride. Don't be deceived by distance as every discerning rider will also need to take cumulative elevations into account.

To add to the equation we have added a KOM / QOM section and a Sprint section to the Medio Fondo on the 17th May 2015. Are you ready?



The Medio Fondo is kindly sponsored by Byfields Business Advisers who are the astute tax and business accountants for discerning businesses around town.



Coffee for Ride or the Addict?

Been to an event and grumbled that the coffee tastes like ditch water or worse still there was no coffee!? Rest easy – we have chosen well and in fact they are the winners of their franchise year after year!



Café 2U Kenwick Maddington

Not just any provider either as Andy and Mandy Lynch are themselves cyclists and they KNOW what cyclists need for their coffee. Available on route during CAGF at the strategic convergence point for our event!

Feel like a Professional!

Nothing more cool than riding through a gantry at a Cycling Touring event and even better returning under one! The Wilier gantry direct from Italy saw service at CAGF 2014 and is back again to wave you off and greet you as you return from your nominated distance.



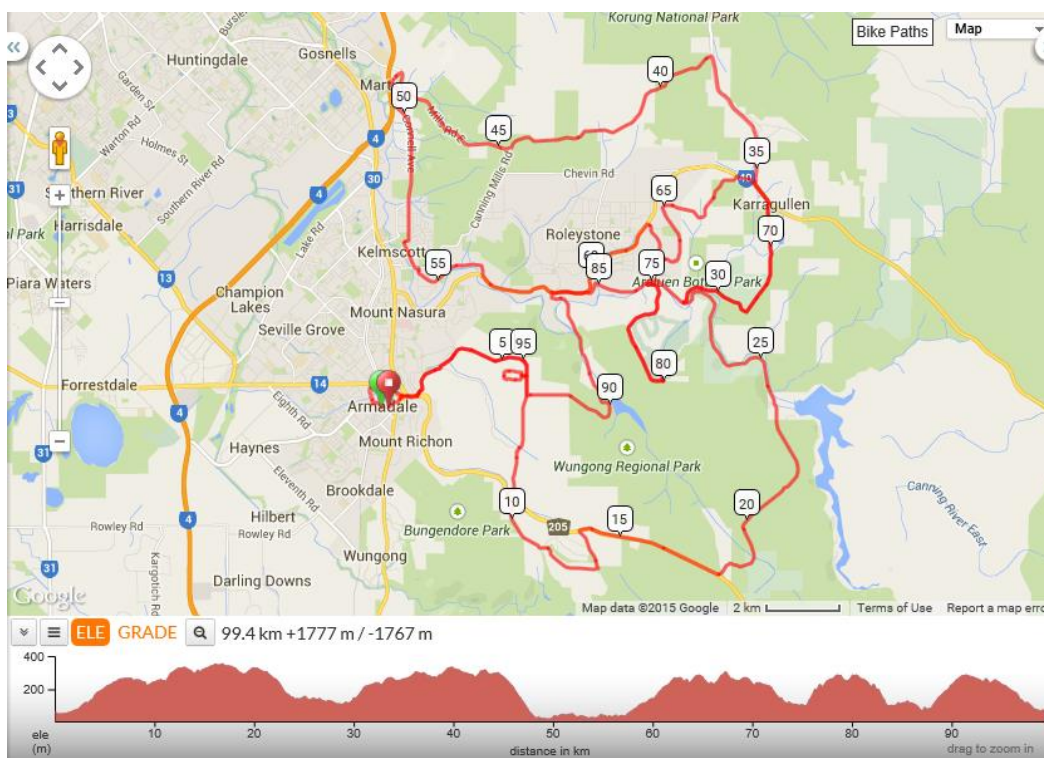
Promoting Route Directions

CAGF event organisers are well experienced with attendance in Grand Fondos overseas and we are comforted with the fact that we provide for every level of information for our participants. Consider the following: Directional Cue Sheets, On-Line download maps, GPX / TCX files as well as more than 240 km worth of signage – all being prepared for this event



We are working hard behind the scenes to ensure that there is proper signage for the routes

Ever done a Technical 100 km course?



If you revel in the challenge – don't be deceived by the 100 km distance as there are quite a few hills to surmount. Technical because there are elevations which are progressive, sharp, cornering and turning and not just plain ole long distance riding. To cap that off there are TWO KOM / QOM and TWO sprint sections thrown in – and all in a cycling touring event which is not a race. What is it then? It is a challenge of ability, endurance and fitness.

This is our signature event the Gran 100 km which we have named after our sponsor – Reliance Partners Insurance South Perth.

Got a Team?

If you have more than 20 riders in your own team – you are entitled to complimentary Tent Space for your team at the Cycling Tent City which is at Jull St Mall this year.

Nothing like having your own HQ at the Cycling Tent City. Bike shops and enterprises dealing with bike equipment are also invited – but you must bring along your own 20 registered CAGF riders. We welcome clubs and associations also to be part of this bi-partisan event.

Once you have secured 20 or more riders for your team name please email Event Director Ian Wee at: ianwee@pihc.com.au



Up to date information about CAGF is available through the following portals:

1. Facebook under: City of Armadale Grand Fondo
2. Facebook under: Perth Integrated Health Cycling Group
3. Web: www.armadalegf.com.au including registration links
4. Instagram via: @pihcg

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