



CAGF 17th May 2015

Introduction

Our May 2015 edition and the last one before the City of Armadale Grand Fondo on the 17th May 2015! Have you signed up yet??

Cycling Tent City

CAGF hub of activities on the day will be Jull St Mall.

The Registration Tent will open from 530 am and is located outside of Dome Armadale which will also concurrently open at 530 am for the participants requiring breakfast.

Rack your bikes, sign in and get your hot breakfast at Dome Armadale!



Why Progression Rides Are So Important?

One of the hardest challenges is to provide for a pathway for Cyclists who can develop their abilities with time. It is often said that it requires around 3 years to establish a cyclist or a triathlete and those insisting on doing extremely long distances of over 200 km within the three years of development are often faced with injuries which could have been avoided.

CAGF is designed not only by national cycling coaches, it also has extensive input from clinicians with Sports Medicine backgrounds.

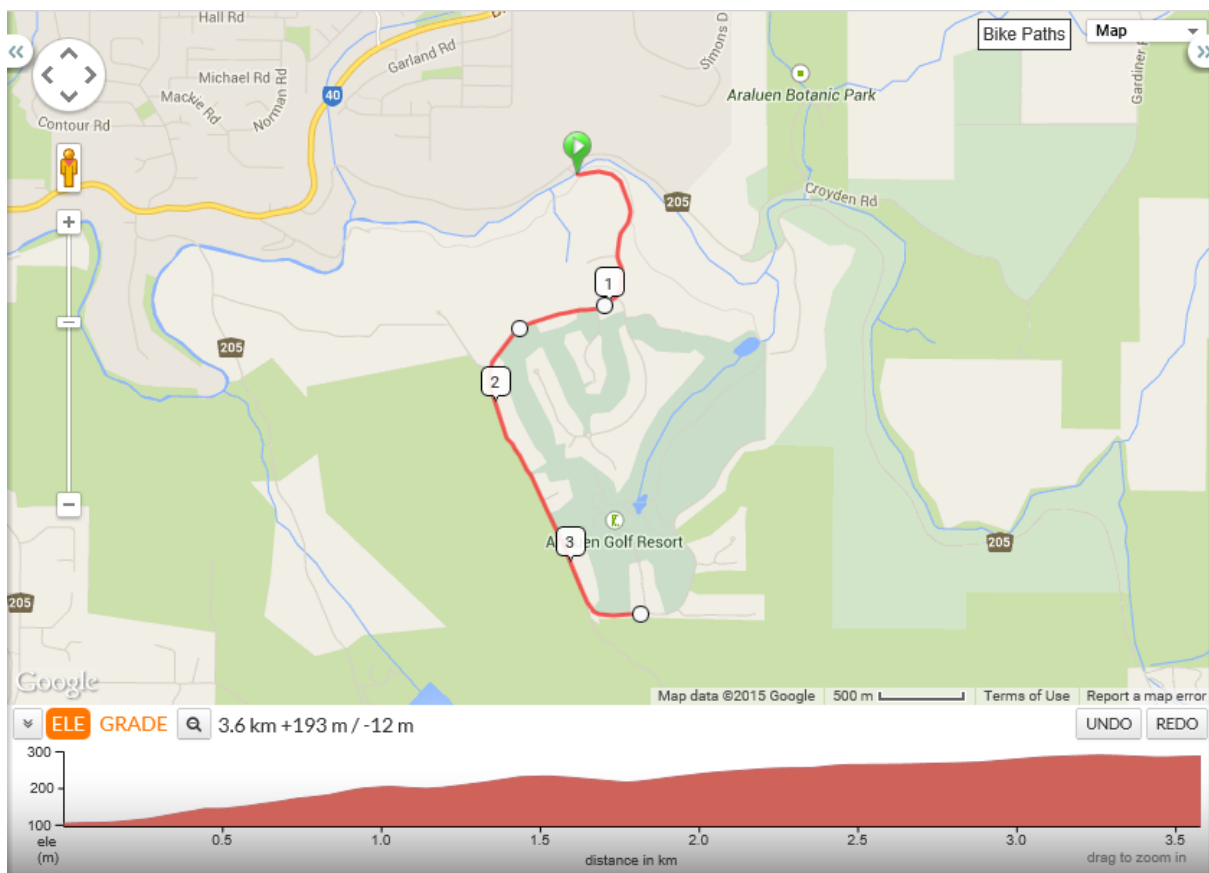
This is why we have THREE distances to choose from.

CAGF 40 km or Piccolo if for the Development Rider. Most developing riders do not have distances to cater for their pathway and we know that this is crucial if we are to encourage safer and proper riding at events.

CAGF 80 km or Medio is for the established rider moving up the development pathway and is able to ride hills. The Medio has a category rating of 1.4 which means that a 80 km distance with elevations will make it closer to a 112 km over a flat distance.

CAGF 100 km or the Gran is our technical hills climb and a discerning rider looking for a great challenge more than what other events can throw should consider this because it has a category rating of 1.8 which makes it an equivalent of around 180 km over a flat distance.

Choose your distance = choose your challenge and remember that the Medio and the Gran has KOM / QOM and Sprint section to excite you along the way!

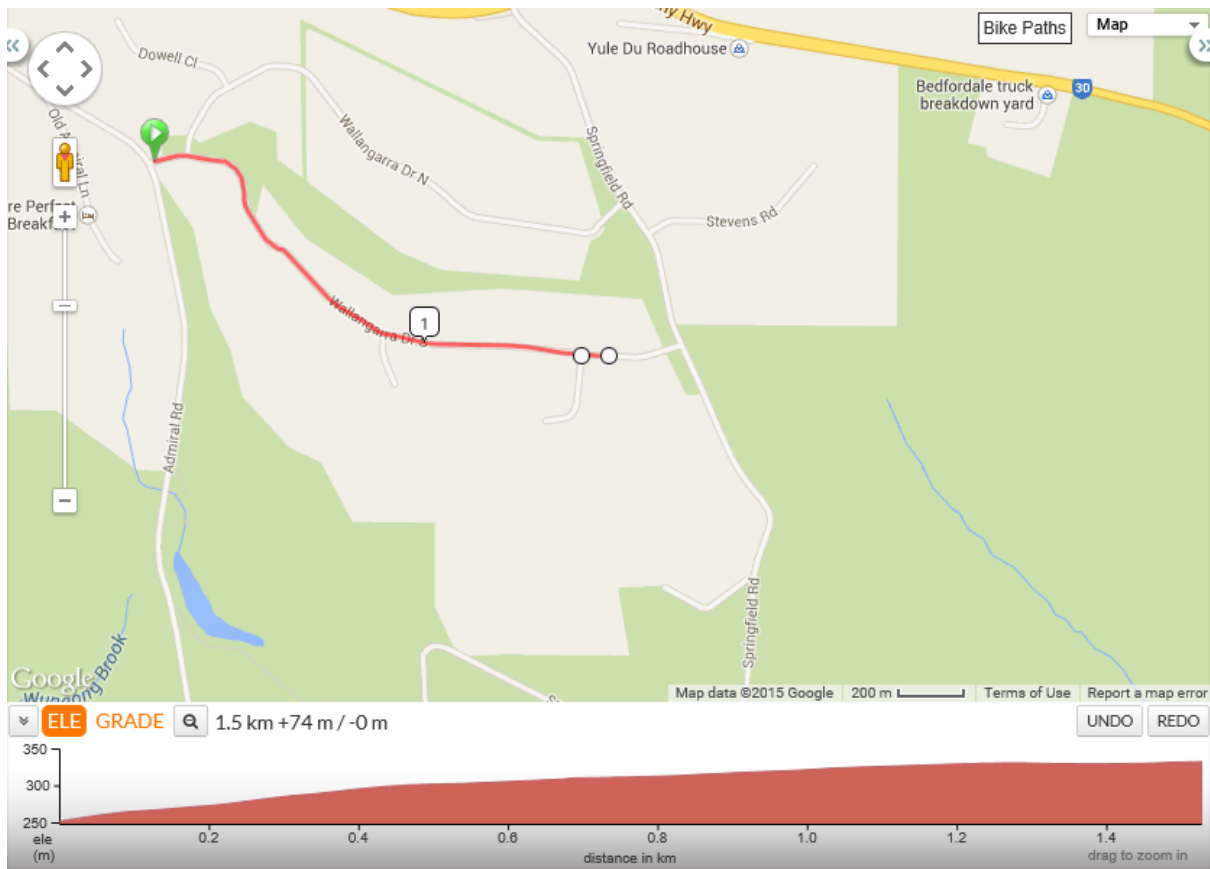


Gran KOM / QOM along Heritage Drive

Even though we have the KOM / QOM and Sprint sections – CAGF is NOT as race. Why?

1. Because you can ride as leisurely as you wish for the whole route and rise to the challenge at these sections;
2. The event starts off at 6:30 am proper and finishes at 1:00 pm which allows for more than ample time to get around;

- We are actively promoting that you stop along the way to enjoy the vistas and also meet up with your families for that cuppa or Devonshire tea in the highlands!



Make no mistake the Wallangarra KOM / QOM for the Medio and Gran is no slouch even though it is only around 1 km as compared to 3.6 km for the Heritage KOM / QOM. Tackle this one strategically as this is earlier from the start of the route and you might be up for some recognition in your AGE category.

Medallions for KOM / QOM / Sprint Sections

CAGF Medio (80) and CAGF Gran (100) have medallions for the different age groups for the King of the Mountain (KOM) / Queen of the Mountain (QOM) / Sprint sections.

See what is up for grabs on the 17th May 2015:

Categories

KOM Heritage

Men 11 to 15 years / Men 16 to 20 years / Men 21 to 29 years / Men 30 to 39 years

Men 40 to 49 years / Men 50 to 59 years / Men 60 to 69 years / Men 70 years and above

KOM Wallangarra

Men 11 to 15 years / Men 16 to 20 years / Men 21 to 29 years / Men 30 to 39 years

Men 40 to 49 years / Men 50 to 59 years / Men 60 to 69 years / Men 70 years and above

QOM Heritage

Women 11 to 15 years / Women 15 to 20 years / Women 21 to 29 years

Women 30 to 39 years / Women 40 to 49 years / Women 50 to 59 years

Women 60 to 69 years / Women 70 years and above

QOM Wallangarra

Women 11 to 15 years / Women 15 to 20 years / Women 21 to 29 years

Women 30 to 39 years / Women 40 to 49 years / Women 50 to 59 years

Women 60 to 69 years / Women 70 years and above

Sprint Gardner North

Men 11 to 15 years / Men 16 to 20 years / Men 21 to 29 years / Men 30 to 39 years

Men 40 to 49 years / Men 50 to 59 years / Men 60 to 69 years / Men 70 years and above

Sprint Gardner North

Women 11 to 15 years / Women 15 to 20 years / Women 21 to 29 years

Women 30 to 39 years / Women 40 to 49 years / Women 50 to 59 years

Women 60 to 69 years / Women 70 years and above

Sprint Gardner South

Men 11 to 15 years / Men 16 to 20 years / Men 21 to 29 years / Men 30 to 39 years

Men 40 to 49 years / Men 50 to 59 years / Men 60 to 69 years / Men 70 years and above

Sprint Gardner South

Women 11 to 15 years / Women 15 to 20 years / Women 21 to 29 years

Women 30 to 39 years / Women 40 to 49 years / Women 50 to 59 years

Women 60 to 69 years / Women 70 years and above

Maps for the KOM / QOM and Sprint sections can all be viewed together with the route maps on www.armadalegf.com.au

Water Supplies

Attended an event recently where you ran out of water? Not with CAGF as we have already ordered our water tanks months ago as we know that climbing distances will require more

hydration. We actually insist that riders carry TWO water bottles as standard for ride events as hydration is the key for the recruitment and activation of muscle fibres.

Signage

Don't worry we are not keen for anyone to get lost and add on more kilometres to their intended distance!

Lots of signage has been prepared over the past few weeks!



Places to Meet – Places to Stay in Armadale

We want to remove the start loneliness of cycling event riding that seems to permeate many other events in Western Australia. To that extend – CAGF has always been modelled upon the European style rides where there are places to stop and to have a decent cuppa of coffee / tea and also for loved ones and families to meet. Make CAGF the REAL Cycling Touring Event so you can inspire your friends or better still yet another generation of cycling.



Garden Tea Rooms – Croydon Road

Coffee Stop – Connell Avenue Intersection!

Bring along that EFTPOS card for more than one reason. Fuel up with your favourite cuppa before the next series of hill climbs on the 17th May 2015!



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!

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



CITY OF ARMADALE GRAND FONDO SUNDAY 17 MAY 2015

Benefitting Track Cycling Western Australia

We have decided to contribute part of our proceeds after we have paid all of our bills for the ongoing support and sponsorship of Track Cycling Western Australia.

Track Cycling is a form of discipline which is good for all cyclists and those who have undertaken it will know that just 2 hours on track would provide you with amazing skills that would translate significantly on the road. Support CAGF and support Track Cycling WA and join us on the 17th May 2015.



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

Sign up via: www.armadalegf.com.au and choose your distance.

Last day for sign up will be the 16th May 2015. Those who sign up before the 15th May 2015 can collect their participant packs at one of two locations that you self-nominate.

Ian Wee

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