

ATHERTON FLYERS

Road Cycling Team

Weekly Ride Program

Sunday	LONG RIDE – 100km plus (6.00am)
Monday	optional ride/rest day
Tuesday	FULL GAS - 45kms @ 30kmh plus average speed (<i>meet 5.30am Crazy Cat Coffee, Main St Atherton</i>)
Wednesday	GRAVEL/MTB ON FARM ROADS – 40kms (<i>meet 5.30am Tolga</i>)
Thursday	SEMI FULL GAS - 45km (<i>meet 5.30am Crazy Cat Coffee, Main St Atherton</i>)
Friday	SOCIAL ROAD RIDE TO TOLGA – 45km (<i>meet 5.30am Crazy Cat Coffee, Main St Atherton</i>)
Saturday	TOLGA-TINAROO-TOLGA – 70km (<i>meet 6.00am Tolga</i>)

New Riders and Visitors always welcome – Juniors and Seniors

For more details contact Steve King on 0407 869213