

AWESOME CYCLING ADVENTURE

July school holidays

Cycling is a great way to have fun, get fit and travel

Are you a young Koori person 14-20 years old?
Do you want to take part in a cycling adventure?

Contact us to try lots of types of riding such as...

- Ride local BMX tracks & the Monster BMX Track
- Visit traditional lands by bike and yarn about traditional ways and food
- Learn cycling skills including gears, brakes, tricks and manoeuvres
- Ride at the Velodrome where Olympians ride
- Ride through Sydney Olympic Park and visit the mangroves and waterways.

Plus get a free map to find local bike paths and learn how to fix bikes. Cool as!



JULY SCHOOL HOLIDAYS 2009

Group 1: **13-16 July (Miller start)**

Group 2: **20-23 July (Fairfield start)**

Healthy lunch and snacks included

Once you've done this, think about attending a Bike Maintenance Course, Certificate of Attendance (Miller TAFE) or even training to be an accredited Cycling Coach with Cycling NSW.

Bookings are essential for this popular cycling adventure.

Contact Jeni Bindon on 9515 9055 or jbind@email.cs.nsw.gov.au or
George Bloomfield on 8717 1717 or george.bloomfield@sswahs.nsw.gov.au

Brought to you by Sydney South West Area Health Service, TAFE NSW - Miller College, NSW Department of Sport and Recreation, Gandagara Local Land Council, Liverpool and Fairfield City Councils, the Miller Bike Fleet and Western Sydney Cycling Network.



c u on the cycleway!

