



ANNUAL NAIL CAN HILL MOUNTAIN BIKE RIDE

and the Nail Can Hill Ironman & Ironwoman Contest

Take the Ironman Challenge!

Enter in both the Nail Can run & ride and call yourself an Ironman or Ironwoman.

Trophies awarded to the male and female that has the fastest aggregate time over both the Nail Can run & ride. Entrants must register for both the MTB Race and Nail Can Hill Run.

Sunday 1st May 2016, 8.00am

Registration: 7:00 – 7:40am.

Please be early and register before 7:30am – Briefing 7:45am

Entry fee: \$20 or \$10 for online pre-entry
plus all riders require an MTBA license for insurance purposes, day licenses may be purchased for \$20. For pre-entry enter online via - <https://online.mtba.asn.au/ERegister.aspx?E=3055>

Start: Rear of Lavington Panthers Sports Club Centaur Rd Lavington.

Finishes: at Bonnie Doon Park, Pemberton St. Albury. Length: 15Km

All entrants must have an Australian Standard helmet and carry 1 full water bottle. Ensure bike has been serviced and carry spare tube, pump and tools.

\$50 Cash for the first male, female, and AWMTB club jersey to the top of the hill (3.5km)

For more info contact Brad Spinelli on 0402 245 581
or visit: www.alburywodongamt.org.au

