



RAY Gartrell negotiates the Hotrock 8 Hour course on the weekend. J8439829

Course reccie a load off the mind

Making Tracks

with Ray Gartrell



OCCASIONAL mountain bike rider and full-time Townsville City councillor Ray Gartrell continues his countdown to the Hotrock 8 Hour event at Lake Ross and brings us up to date with his preparations.

I haven't done too much training this week however after riding the course for the event at Lake Ross on Saturday I am confident it will be an enjoyable ride and I am looking forward to the event.

The track is reasonably gentle with lots of smooth flowing single tracks without any difficult obstacles. It's unlike the inappropriately named "Easy Street" training track at Douglas where I fell off a few weeks back.

Novice bike riders will find it to be an enjoyable day out.

People and families can nominate in teams of three or four and come out to experience the event.

The setting is sensational with some beautiful views over Lake Ross. It is a stunning place to bike ride and it is on our doorstep.

Many teams set up camp in tents the evening before and make it a social event which is the approach the Advancing Amigos are taking.

Drop into our tent on the day for a chat.

There will be plenty happening on June 19 with a \$5000 bike to be won by one of the contestants.

Now that would be nice. Register for the event on www.rockwheelers.com.au or ring club president Haydn Tilley on 0410 684 891 for more information.

HOTROCK 8 HOUR CHALLENGE

19TH JUNE 2011



VALUED
AT
\$5,000

ROCK WHEELERS

Townsville Invites you to enter the Hotrock 8 hour challenge & go in the draw to

WIN
A TOPBRAND
MOUNTAIN BIKE

WWW.ROCKWHEELERS.COM.AU

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