



FORRES CYCLING CLUB



SUMMER LEAGUE 2009

Every Tuesday night from 5 May to 18 August. 1900hrs start.

Run on quiet road circuit at Waterford Road, Forres.

Ride against the clock – for 4 miles right up to 20 miles.

All levels of fitness and all ages welcome (children less than 10 yrs must ride with an adult).

Any type of bike allowed – helmets must be worn.

Points are scored on your progress against your own personal best NOT the fastest rider.

Entry only 50p per race. (Riders must join club after three rides).

Full details and rules on club website www.forrescyclingclub.co.uk or from club secretary on 01309 674698