

THE MERCY DASH

...THURSDAYS



Start Times & Places

- 5.20am Bay Merchant **Early Pack** Average Speed 28km/p/h
- 5.30am Bay Merchant **Slack Pack** Average Speed 20km/p/h
- 5.30am Bay Merchant **Fast Pack** Average Speed 34km/p/h
- 5.40am Cnr Mercer Road/Chester Pass Road Average Speed 28km/p/h

-  Normal Pace <28kph
-  SPRINT your heart out!
-  WAIT & Regroup
-  Bay Merchant Cafe Start/Finish
-  Ride Route
-  Surrounding Roads
-  Short Cuts
-  Railway Line

