

forshore flash

... TUESDAYS

Start Time & Place

5.30am **Fast Pack** only.

Bakery Outside Coles on Albany Highway. Hang for as long as you can.
Several short cuts.

Average Speed 34km/p/h



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

