

BANZAI LifeCycle –

The MTB time trial races that fit in with YOUR lifecycle!



“I’ll do a few quick laps this morning to stay fit!” – *Bill Turner*

“Finally a race that I can do with my 7-year old son!” – *Jodie Marr*

“I love the relaxed atmosphere – I can start when I’m ready!” – *Rebecca Fisher*

“I raced a couple of quick laps – good training to be timed!” – *Michael Crummy*

That was round 3 of the BANZAI LifeCycle MTB time trial racing series on 25 September 2011 – organisers Rocky Trail had summoned MTB riders to Stromlo Forest Park in Canberra. On the windy and cool September morning, the racers were eager to **get into the start gate from 9.30am** and to head out onto the trails, where, among the trees, they were a bit more protected from the strong breeze.



The day had started with the Pedal4Pierce Charity Ride, which was founded by 12-year old Christopher Jefferys from Canberra. The small organisation is raising money to fund research to cure Congenital Muscular Dystrophy and many BANZAI LifeCycle racers joined Christopher for a warm-up lap on his 4km-fun ride at Stromlo. Throughout the day the weather became friendlier and **until about 1pm, riders were able to start their races.**

Upon returning to the event centre, the BANZAI LifeCyclists were greeted by the Rocky Trail crew who prepared certificates of achievement for all race finishers – on the 13km loop, the **distance challenges** for round 3 were 1 lap, 2 laps or 3 laps.

Rocky Trail again had set a exciting and challenging track with a moderate climb and lots of fun berms and flowing downhill sections.



With their certificates, **EVERY racer received a finisher gift** – a variety of product prizes from sponsors including **BANZAI, Shimano, Cell Bikes** and **JetBlack Cycling**.

Round 4 of the BANZAI LifeCycle on 20 November 2011 will take riders to the singletrail heaven of **Ourimbah State Forest** near Wyong, about 1 hour north of Sydney. Distance challenges again will include several laps of the course to achieve **10km, 25km or 40km**. A special BANZAI Lifecycle forum has been set up for riders to exchange their experiences and to get information on how to prepare for the rides, handy tips on MTB gear and where they can chat to other riders –
www.banzai.com.au/lifecycle



For detailed results and lap times and to jump on board and “get a lifecycle”, visit www.rockytrailentertainment.com

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For more information, please contact the event organiser:

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