



## Nundah Twilight Crit

Accelerate 2010 into action with summer running on the Northside. The "Crit" is back in town. You want to run on flat roads with no cars and accurately marked kilometres. Nundah Twilight Crit gives you a flat, fast, accurate and friendly circuit to Accelerate 2010 into action.

- Tuesday 19 January 2010
- Tuesday 16 February 2010
- Tuesday 20 April 2010 \*
- Also look for Accelerate Series 5 km Race Sunday 22 March

### Start Times

3 km 5:40 pm      2.5 laps of 1.2 km loop  
5 km 6:00 pm      4.17 laps of 1.2 km loop

\* 20 April start times - 3km @ 5pm / 5km @ 5.30pm

Venue - Albert Bishop Cycle Track, Hedley Avenue, NUNDAH (short distance from Toombul Shopping Centre)

Accelerate 2010 into action

Putter - get the pistons chugging over and jog along

Cruise - get into gear and pace yourself

Power - open up the gas and run at tempo

Redline - leadfoot it in all out lactic pumped, eyeball rolling, crit mayhem

Entry Fee - pay on day. Please enter by 20 minutes before race start time.

\$10.00 open runners

or \$5.00 for registered athletes

or \$7.00 for bonafide 500 km Relay runners (must wear team uniform)

\$6.00 U16

or \$3.00 for U16 registered athletes

If you want to see where you're at, see-ya at the "Crit".

Enquires: Julie on 0433 981180

## GETTING THERE

Albert Bishop Cycle Track is at southern end of Hedley Avenue (near the canal).

From City on Sandgate Rd. Take Nundah exit to left after Toombul shops. Turn right at Bucklands Rd and then right into Hedley Avenue.

From North on Sandgate Rd take Nundah exit south of Rode Rd. Turn left at Bucklands Rd and then right into Hedley Avenue.

From Gateway Motorway (from South), exit at East-West Arterial Rd. Immediately turn right at Nudgee Rd. Turn left into York St and left into Hedley Avenue.

From Gateway Motorway (from North), exit at Toombul Rd. Turn left at Nudgee Rd. Turn right into York St and left into Hedley Avenue.



Forget first Tuesday in November, real race is last Friday in November at the Boonah "Crit". 100 runners toe the line after a full days running from Beenleigh to Boonah in the Summer Challenge 500km road relay. Winner Darryl Crook (Russell's Bushies).