



SPONSORED BY

Dingley Village
Community Bank® Branch



D I N G L E Y C Y C L I N G T E A M



Join Us For a Ride!

DINGLEY CYCLING TEAM

Welcome to the Dingley Cycling Team (DCT). The DCT is a local group of riders with a common interest in cycling and having a healthy and fit lifestyle. We have a variety of different social rides for you to choose from catering for all levels of fitness and experience - nothing too serious, in fact not serious at all!

Join us for a ride – not only a great way to keep fit and healthy; but also a great way to build your social connections in the local community. We have a great mix of guys and girls who participate already!

We use our Facebook page to organise rides and events. There is a ride for everyone – we look forward to seeing you come along one day!

 [fb.com/groups/DingleyCyclingTeam/](https://www.facebook.com/groups/DingleyCyclingTeam/)



Regular Rides

WEEKDAY RIDE

DAYS: Wednesday & Friday Mornings
TIME: 5:30am
DEPARTURE POINT: Tambo Crt Dingley
DISTANCE: Approx 25-30km
SPEED INDICATOR: 25-30km/h Average
SUITABLE BIKE: Road Bike or Hybrid
COFFEE STOP INCLUDED

WEEKEND RIDE

DAYS: Saturday Mornings
TIME: 6.45am Dingley, or 7am Mordy
DEPARTURE POINT: Tambo Crt Dingley or ANZ
Mordialloc
DISTANCE: Approx 60km
SPEED INDICATOR: 25-30km/h Average
SUITABLE BIKE: Road Bike or Hybrid
COFFEE STOP INCLUDED

FAMILY RIDE

DAYS: Sunday Mornings
TIME: 9am
DEPARTURE POINT: Tambo Crt Dingley
WHERE: Braeside Park to Waterways
DISTANCE: Approx 15km
SPEED INDICATOR: 10-15km/h
Suitable for families of all ages.
SUITABLE BIKE: Mountain Bike or Hybrid
THE NEST CAFE FOR A COFFEE STOP

#WHAT YOU MISSED THIS MORNING