

## **Saturday, September 11**

### **START LOCATION**

The RONA MS Bike Tour – Mountain will start at the Hinton Centre (different from the Hinton Recreation Centre) located at 965 Switzer Dr. The dinner and dance as well as the finish line BBQ will also take place at this venue.

### **Hinton**

Pledge Drop Off and Package Pick Up at Hinton Centre: 8am to 9am

### **TOUR STARTS: 9am**

Cyclists are let out in groups of 40 every 5 minutes. The last cyclist leaves by 10am.

### **Checkpoint Schedule**

#1 Old Entrance: 9:30 to 11:30am

#2 Community Pasture 10am to 12:30pm (Team Photos)

Grip and Grind Challenge Route: Start before noon

Black Cat Ranch Lunch: 10:30am to 2pm

#3 Solomon Valley: 11:30am to 3:30pm

#4 Jarvis Lake: 12:30pm to 4:30pm

Finish – Kelly's Bath Tub: 2pm to 5pm

Lock up Bikes – follow the signs! 2pm to 5pm

Shuttle Bus to Hinton Centre: 2:30pm to 5:30pm (Bus will leave when full)

## **Saturday Evening**

Dinner – Hinton Centre

Cyclists: 5:30pm to 6:30pm

Program: 7pm

Dance: 7:30pm to 11pm

## **Sunday, September 12**

Cold Continental Breakfast, Hinton Centre: 7am to 8am

Shuttle Bus to Kelly's Bath Tub: 8am

Bikes Unlocked: 8:30am

Tour starts: 9am

### **Checkpoint Schedule**

#1 Nordic Centre: 9:30am to 12pm

#2 Groat Gate: 10:30am to 1pm

#3 Athabasca Ranch: 11:30am to 3pm

Finish – BBQ Lunch, Hinton Centre: 11am on. Guest tickets: \$5.