



Hot off the press...here is the latest on the Wild West Hand Cycling Tour-

For Immediate Release February 1, 2006

The Wild West Hand cycling Tour is only six weeks away!

Perth, Western Australia: *The inaugural Wild West Hand Cycling Tour is rapidly approaching.*

From March the 15th to the 19th, Perth will see one of the strongest fields of hand cyclists ever assembled to tackle this very challenging event. This event is the first race in the recently formed World Handcycling Federation World Cup Tour. This will be annual race series to determine who are the best hand cyclists in their respective categories.

The idea of this event is to determine who is the best all round hand cyclist. There are five stages to the Tour. Each stage will challenge the athlete in differing ways.

Stage 1: 15.2km Time Trial at Kings Park in the heart of the city of Perth. This time Trial is tough! Athletes are subjected to 4 x 3.8km laps, with a 1km climb in each lap. The course is beautiful though, with scenic views of the Swan River and the Perth Skyline.

Stage 2: 45-60km (depending on category) Road Race around the Chittering Valley. One lap measures 15.2km. Each lap consists of 600m, 1km, 1.2km and 300m climbs of grades between 4% & 7.5%.

Stage 3: 3.8km Hill Climb Time Trial. This is probably the stage that has the potential to blow the standings apart! Athletes face a very tough challenge here climbing the Brigadoon Hill which is at 7-9% for the majority of the climb!

Stage 4: 24-36km Criterium at Barbagallo International Raceway. Athletes ride between 10 & 15 laps of this 2.4km circuit. The Barbagallo circuit is not an easy one for hand cyclists with two climbs per lap. These climbs will have a major bearing on the tactics employed during this stage.

Stage 5: 28km 'Freeway Bike Hike'. A very unique race opportunity for athletes. Hand Cyclists will be racing from the start of this mass participation ride through the city of Perth via the 'Polly Farmer' Tunnel. Hand Cyclists will ride through this Tunnel bypass (approx 1.5km length) under the City during the course of this stage.

As stated, the field (56 hand cyclists) is very strong for the Wild West Hand Cycling Tour.

The Gold, Silver and Bronze medalists from the 2004 Paralympic Games are racing as well as the best Europe has to offer in all categories.

Prior to the Tour commencing, athletes will be taking part in a training camp that is coordinated by Wheelchair Sports Western Australia. In addition to plenty of training in one of the best climates in the World, athletes will receive the latest Sport Science information from a number of Professionals who will be presenting during the camp. Subject matter varies from Sports Nutrition, Latest training and testing protocols, Sports Psychology, Physiotherapy, Equipment developments and Bike Maintenance.

The Wild West Hand Cycling Tour won't be all pain and suffering for the entrants. We are very fortunate to have Novatel Vines as one of the main Sponsors of the event. As a result, athletes will be staying at a 5 Star resort in the Swan Valley on the outskirts of Perth.

This event is a must do on the World Cup circuit. Question is - Are you tough enough?

To learn more about The 2006 Wild West Hand Cycling Tour event in Perth, Western Australia, visit www.handcycling.org.au or www.wheelchairsportswa.org.au

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