GMHBA Tour of Geelong

AUGUST 11 – 15, 2010

COURSE

(As at June18, 2010)

WEDNESDAY, AUGUST 11:

STAGE 1: **NORTH SHORE** — Start: 10.30 a.m. / Finish: 11.30 a.m.

Criterium

30 laps of a 1.6km school circuit, starting & finishing at Sports Club

DISTANCE: 48kms
SPRINTS: 11
HILL CLIMBS: 0

STAGE 2: **LARA to YOU YANGS** — Start: 2.00 p.m. / Finish: 4.00 p.m.

Road Race

Via Serendip, Little River, Mt. Anakie, Staughton Vale, Anakie, Serendip

DISTANCE: 79.6kms
SPRINTS: 5
HILL CLIMBS: 3

THURSDAY, AUGUST 12:

STAGE 3: **GROVEDALE** — Start: 12 noon / Finish: 1.30 p.m.

Criterium

30 laps of a 2.1km circuit, starting and finishing at Grovedale Primary School

DISTANCE: 63kms
SPRINTS: 11
HILL CLIMBS: 0

FRIDAY, AUGUST 13:

STAGE 4: **PORTARLINGTON** — Start: 10.00 a.m. (women) 11.30 a.m. (men) / Finish: 2.30 p.m.

Individual Time Trial

(incorporating Victorian Open Championship)

Out and back course through Indented Head and St. Leonard's

DISTANCE: 20kms (men & women)
SPRINTS: 0
HILL CLIMBS: 0

SATURDAY, AUGUST 14:

STAGE 5: **ANAKIE**
Road Race
(incorporating Victorian Open Championship)
Three laps (men) Two laps (women) of a 47.7km town and rural circuit via Brisbane Ranges, Durdidwarrah, Stoney Creek, Meredith, Steiglitz

Start: 9 a.m. (women)
12.30 p.m. (men)
Finish: 4 p.m.

DISTANCE: 95.4kms (women)
143.1kms (men)
SPRINTS: 7 (women)
11 (men)
HILL CLIMBS: 8 (women)
12 (men)

SUNDAY, AUGUST 15:

STAGE 6: **GEELONG**
Criterium
(incorporating Victorian Open Championship)
Eastern Gardens –
25 laps of a 1.8km circuit (men), 20 laps (women)

Start: 1.15 p.m. (women)
2.30 p.m. (men)
Finish: 3.30 p.m.

DISTANCE: 36kms (women)
45kms (men)
SPRINTS: 9 (women)
11 (men)
HILL CLIMBS: 0

Including: **GMHBA Kid's Ride:** Start: 11 a.m.
Finish: 11.45 a.m.

VicRoads Race: Start: 12 noon
Finish: 1 p.m.

TOTAL TOUR DISTANCE: 398.7kms
TOTAL NUMBER OF SPRINTS: 49
TOTAL NUMBER OF HILL CLIMBS: 15