



ride for a reason  
**R4R**  
CHARITY CHALLENGE



freedom  
wheels

---

## Ride Guide 14 October 2017

- 5.30 AM** Meet at BALLS HEAD RESERVE North Sydney, find your bunch and support wagon – marked with A, B1, B2, C1, C2 or C3. PLEASE DON'T BE LATE.
- 5.45 AM** Ride briefing
- 6.00 AM** First bunch departs: 'C3' bunch first, 'A' bunch last.
- 

### Ride Captains & Support Crew

Bunch	Depart	Ride Captains	Support Driver	Notes
<b>C3</b>	6.00 AM	John Shiell 0448 944 966	Rob Dunne 0439 905 075	
<b>C2</b>	6.05 AM	Sarah Entwistle 0401 693 381 Breeda Kelly 0403 503 101	Wendi Keenan 0423 384 055	
<b>C1</b>	6.15 AM	Vicki Garamy 0410 349 434 Meg Croft 0425216859	Katherine Townsley 0479 141 749	Short Stops
<b>B2</b>	6.25 AM	Fran Bailey 0421 443 221	Peter Zeilic 0418 500 777	
<b>B1</b>	6.30 AM	Chris Sroka 0409 634 427 Klaudia Locker 0451 072 857	Catalina Palma 0412 266 257	Short stops
<b>A</b>	7.00 AM	Phil Rigby 0422 100 423 Noeris Salam 0431 919 342	Frank Milner 0409 586 533	Short stops
	7.00 AM	Roving support car for all bunches & photographer	Darren William Sandy 0439 254 210	

### On the day

- Please wear your 2017 Ride for a Reason jersey.
- First bunch leaves at 6:00 am – C3 bunch first, C2, C1, B2, B1, A. All gone by 7am.
- Support vehicles will be marked according to bunch number, and parked in order of departure.
- Place your backpack (**with your name & contact details firmly attached**) in the support vehicle for your bunch. Organisers will not be responsible for misplaced items. Remember to pack additional **SUNSCREEN**, food, electrolytes, cold/wet weather gear (you never know!) and clothes/shoes too if you want to change for the BBQ (but we are cyclists, lycra is the go!). You will have access to your backpack throughout the Ride.



## Preparation for the Ride

- Please ensure your bike is thoroughly checked and serviced before participating in the Ride.
- Please carry at least 2 spare tubes and a pump or gas cylinders.
- Tyres and cleats should be in good condition, preferably new.
- Please bring 2 full drink bottles and sufficient food for the Ride. Your support vehicle will have water and a limited supply of SiS electrolyte powder and energy bars available, but we recommend you also bring plenty of your favourite fuel to keep you going.

## Road Rules – Please comply at all times

The SCC Ride for a Reason is not a race and all riders ride at their own risk. **You are responsible for your own safety, and the safety of the other members of your bunch.** SCC bunches aim to be safe at all times. You will be asked to drop out of the bunch if you don't follow the road rules.

As stipulated by the Police, all road rules apply including:

- Not running red lights (if the lights are changing please stop, as long as safe to do so, of course)
- Participants must **ride single file on single lane roads**. If necessary, stop and pull to the side to allow the traffic to pass.
- Participants **must not ride more than 2 abreast** on multi lane roads.
- Please ensure that you are courteous to all other road users at all times.
- You must obey the instructions of Police, RTA officials and SCC ride captains.

All bunches will stop for ALL mechanicals and re-group at the top of ALL climbs. If the rider in front of you keeps going at the top of the hill, don't blindly follow them, please stop. **KOM attempts always welcome!**

No one gets left behind. However, if you are really struggling to keep up with the pace of your bunch, you might be asked get into the support car (no shame in it! it's a TOUGH ride!) or the support car will help you get onto the slower bunch - as this year's route is a loop, the slower bunch may still be in front of you. You will enjoy riding at your own pace far more.

## Bunch riding

**Rolling:** SCC bunches use the method when the person on the right front rolls to the front of the rider on the left (as in a paceline) and the riders on the right move up. This is much safer than both front riders peeling off to the sides. It is also much more sociable as you get to talk to a lot more riders!

Please make sure you call ALL holes and other hazards. Every single rider please pass ALL calls right up and down the line. Don't assume the person in front or behind you heard the call.

## LISTEN TO THE BUNCH CAPTAIN!

### Refreshment stops

**Top of Galston Gorge:** a quick refresh while waiting for riders to finish the climb.

Toilet stop available at Galston shops if needed (no stopping for coffee!).

**Webbs Creek Ferry / Wiseman's Ferry:** where our chef Paul Newcomb will be waiting with delicious sandwiches to fuel you up for the remainder of the ride!

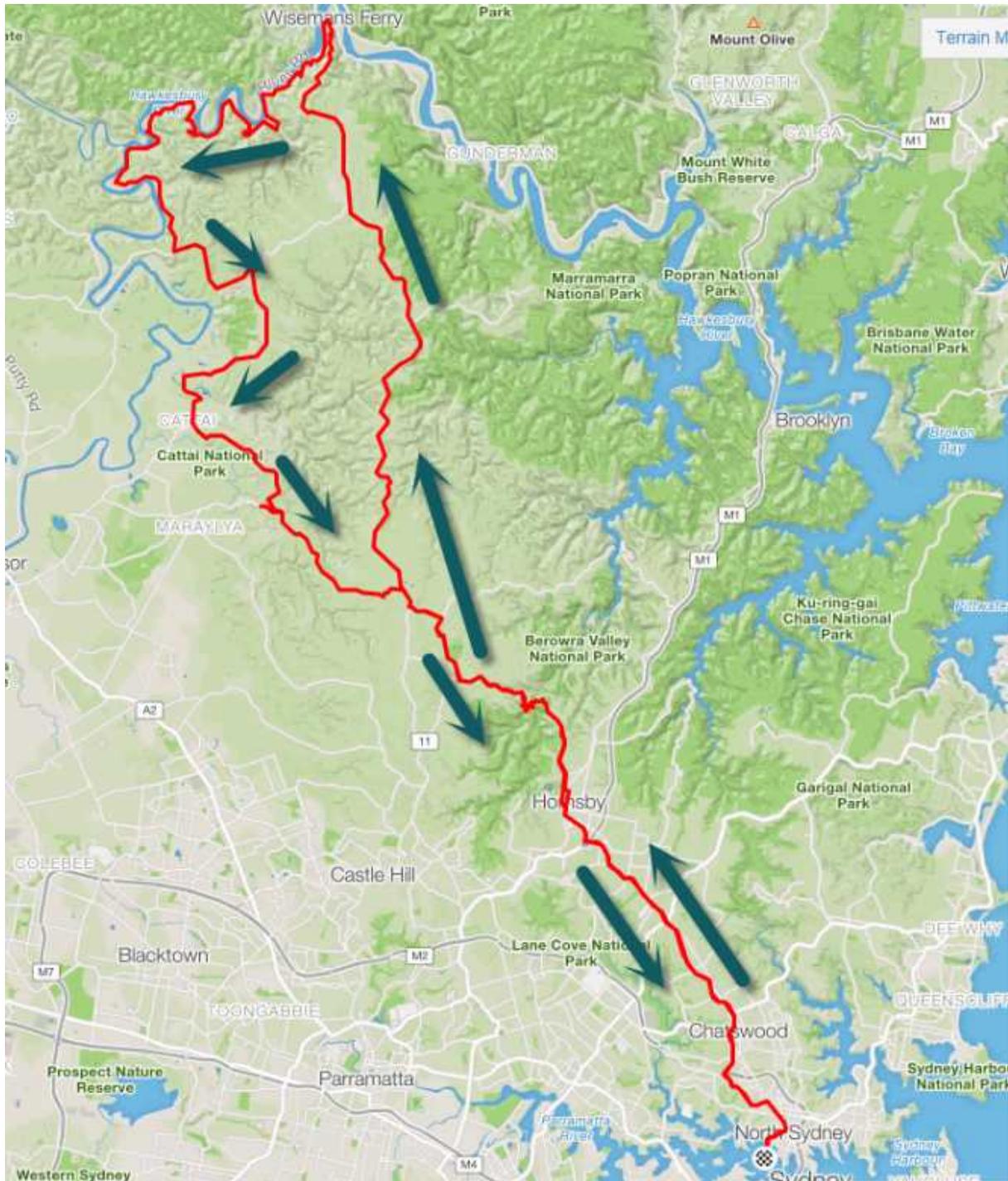
**Return top of Galston Gorge:** a quick refresh while waiting for riders to finish the climb.

**Balls Head Reserve**– BBQ & Beer time!

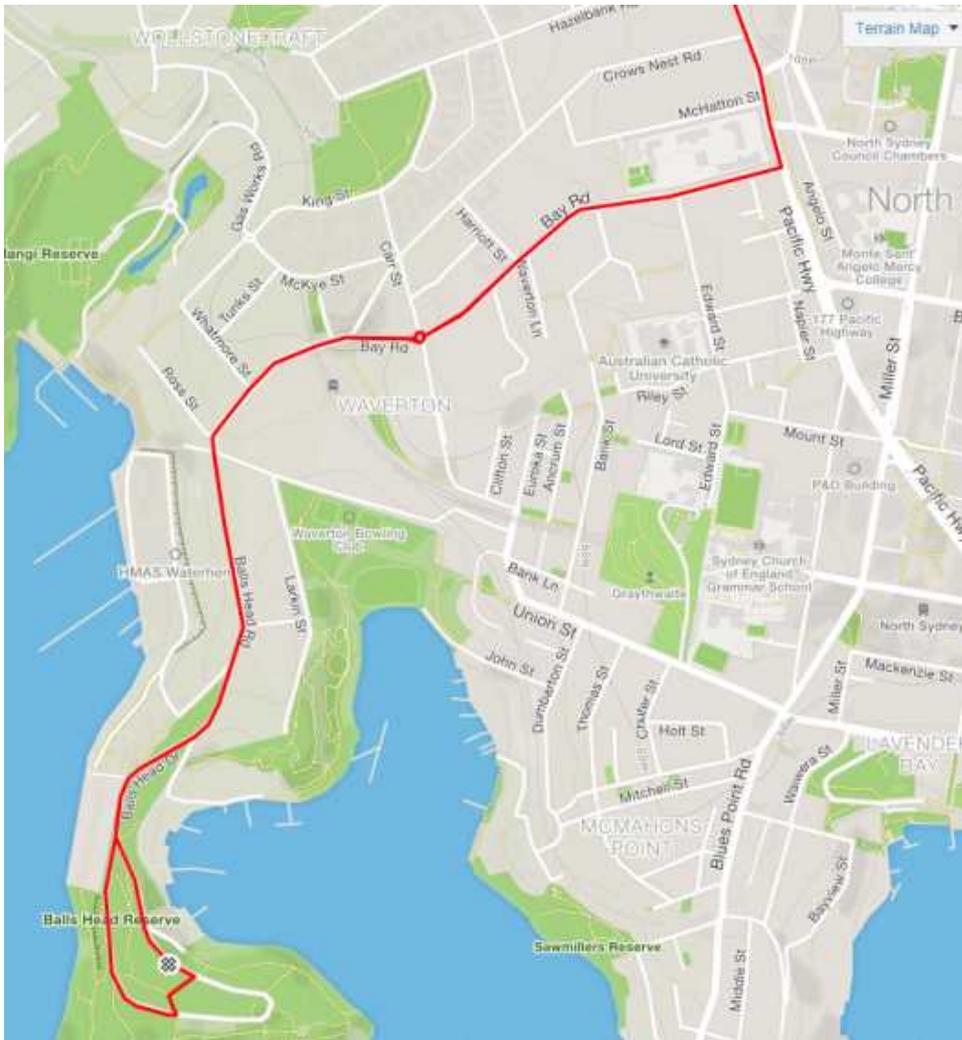
## Route Summary – Saturday 14 October 2017

Download .gpxfile of the R4R route from <https://www.strava.com/routes/8819699>

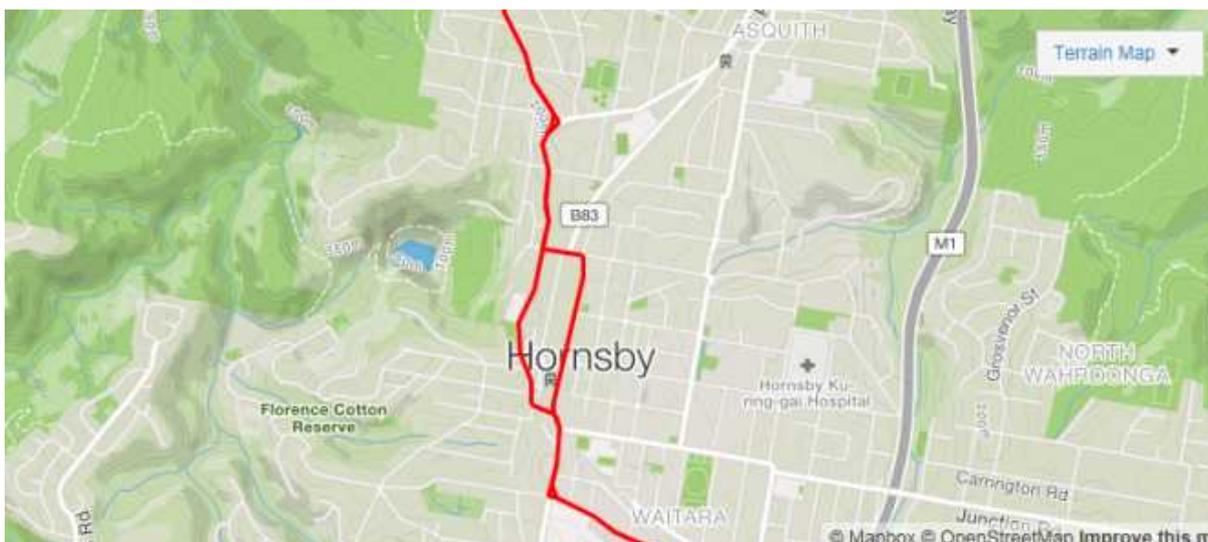
### Full Route:



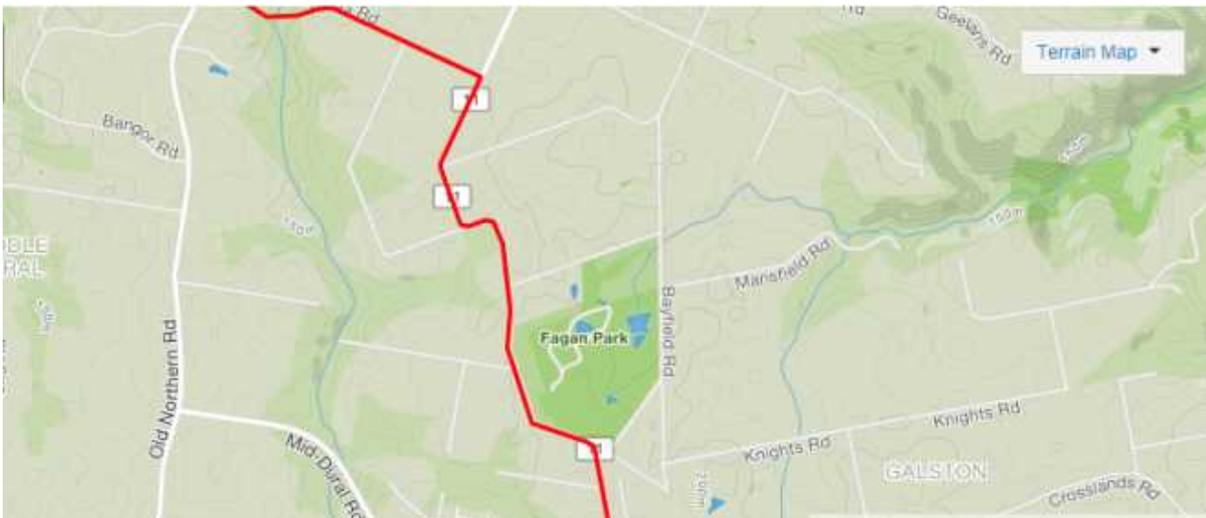
- START in Balls Head Reserve, North Sydney. Parking is available at Balls Head Reserve and Balls Head Road.
- We head out on Bay Rd towards the Pacific Highway and follow the usual route to the Gorges.



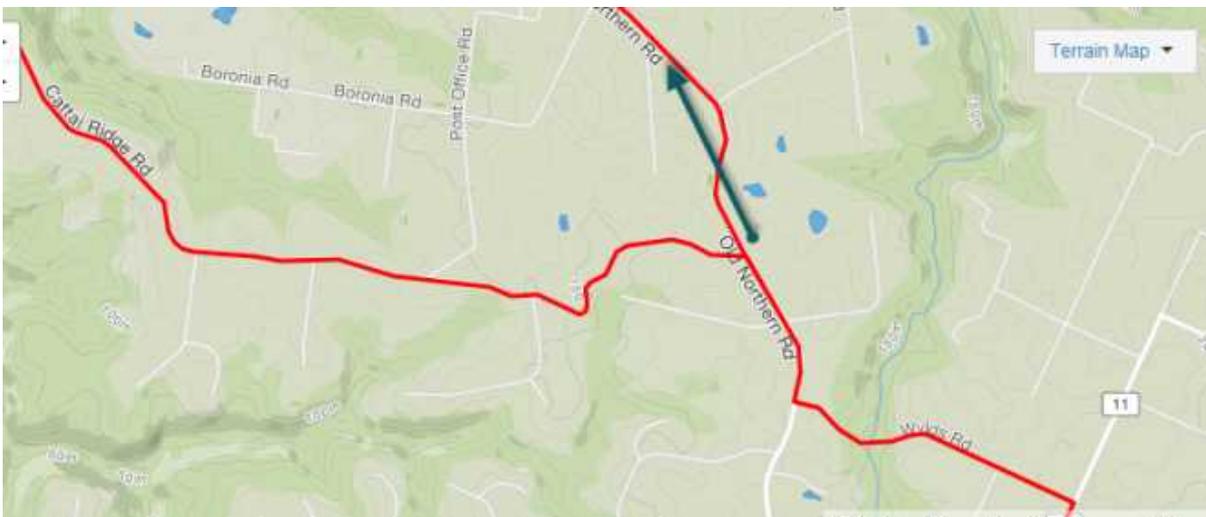
- At Hornsby, Pacific Highway turns into Peats Ferry Road. We then follow the road left and find ourselves at Galston Road. **PLEASE be careful descending!**



- After climbing the hill, we turn right into Arcadia Road, and then turn left into Wylds Road. This is the new turn for SCC! **Pay attention!**

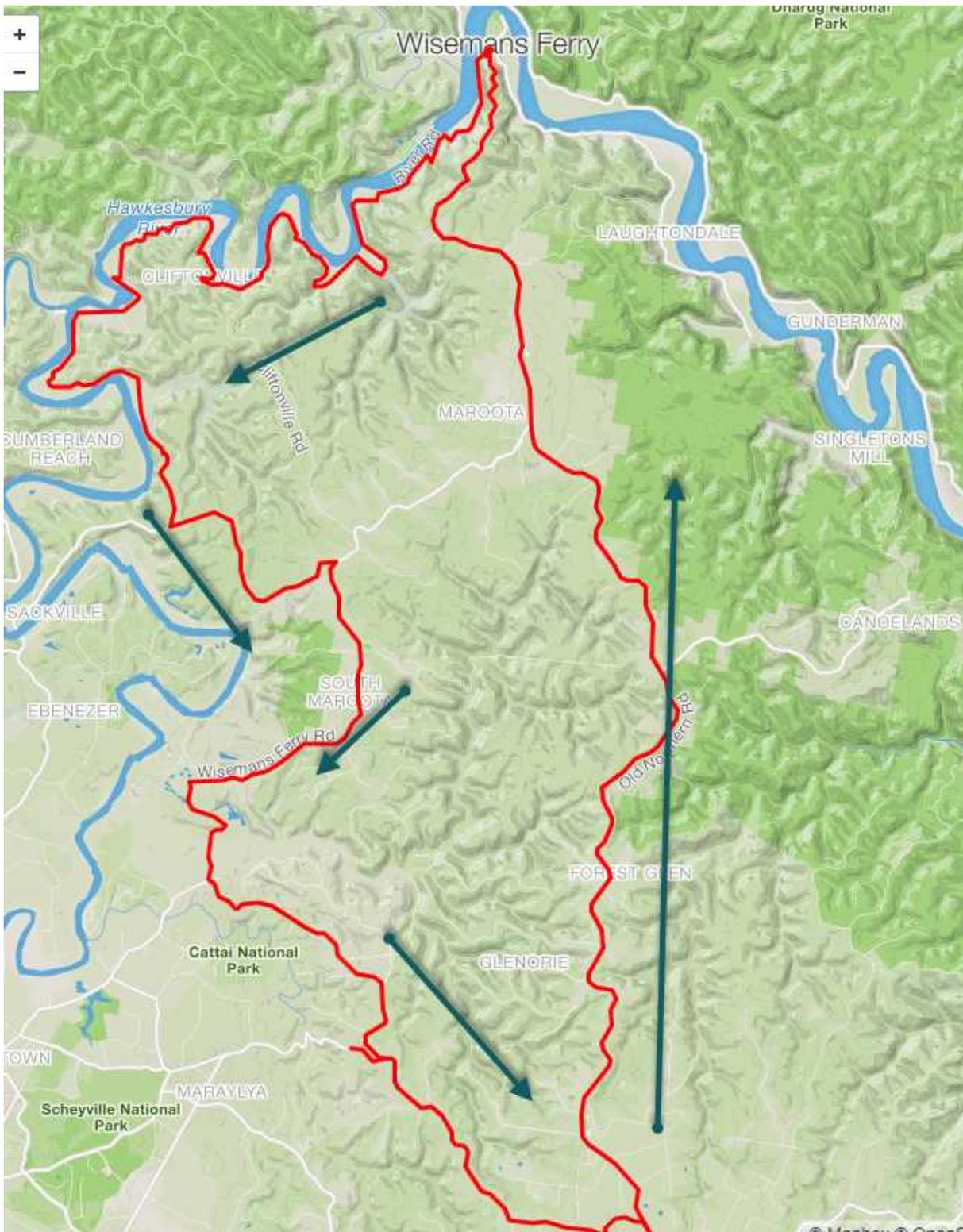


- We turn right into Old Northern Road and continue on it till we can smell Paul's sandwiches at Webbs Creek Ferry (near Wisemans Ferry).

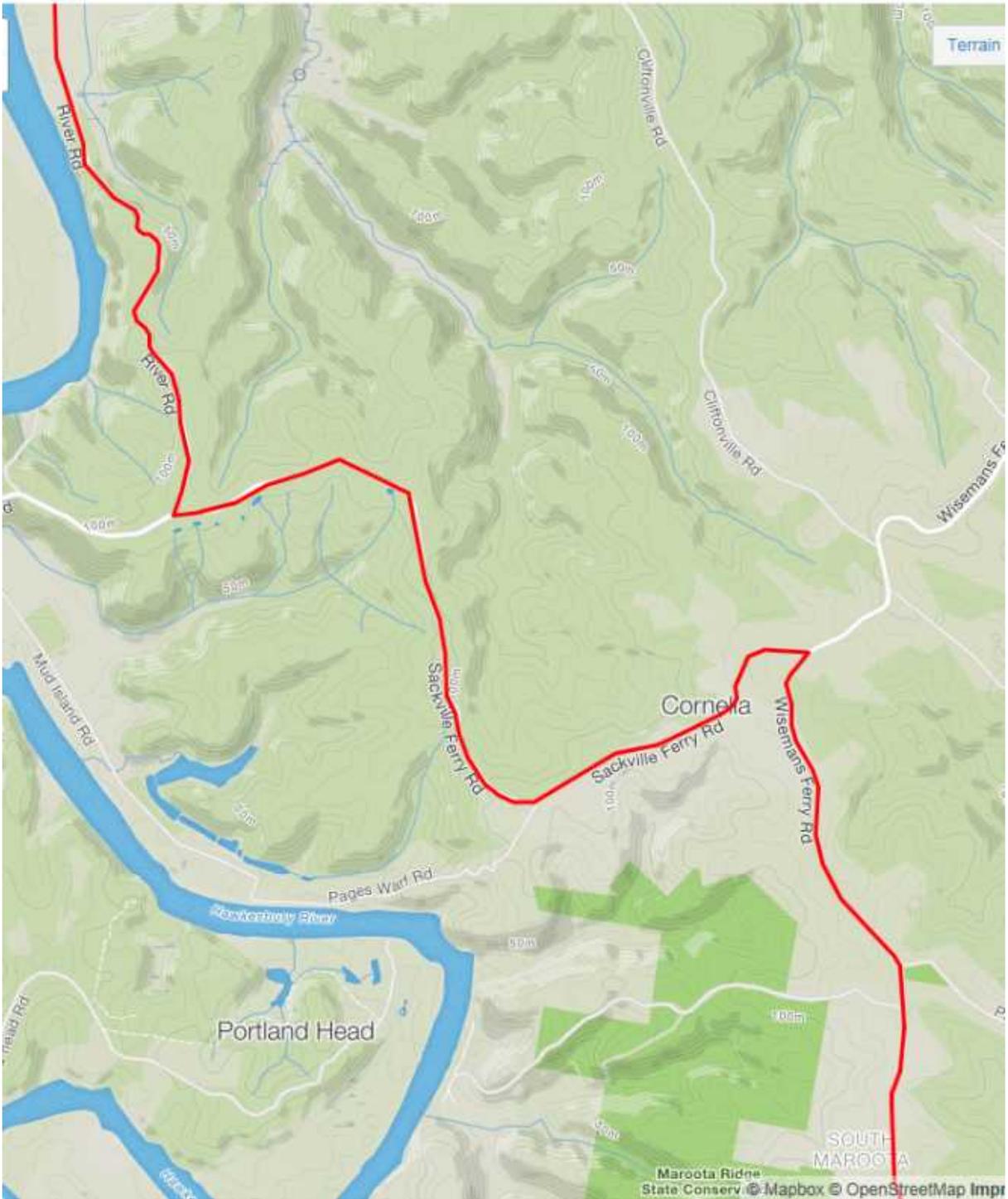


**LUNCH:** The exact location for lunch is next to the Webbs Creek Ferry on River Road. You descend a steep hill (please be careful descending) as you approach Wisemans Ferry then turn left onto River Rd. A few hundred metres along you find Webbs Creek Ferry – be careful as we are on the opposite side of the road, so check for oncoming cars. We will hopefully have the SCC marquee set up so keep an eye out. See map here:

<https://goo.gl/N1DAcZ>

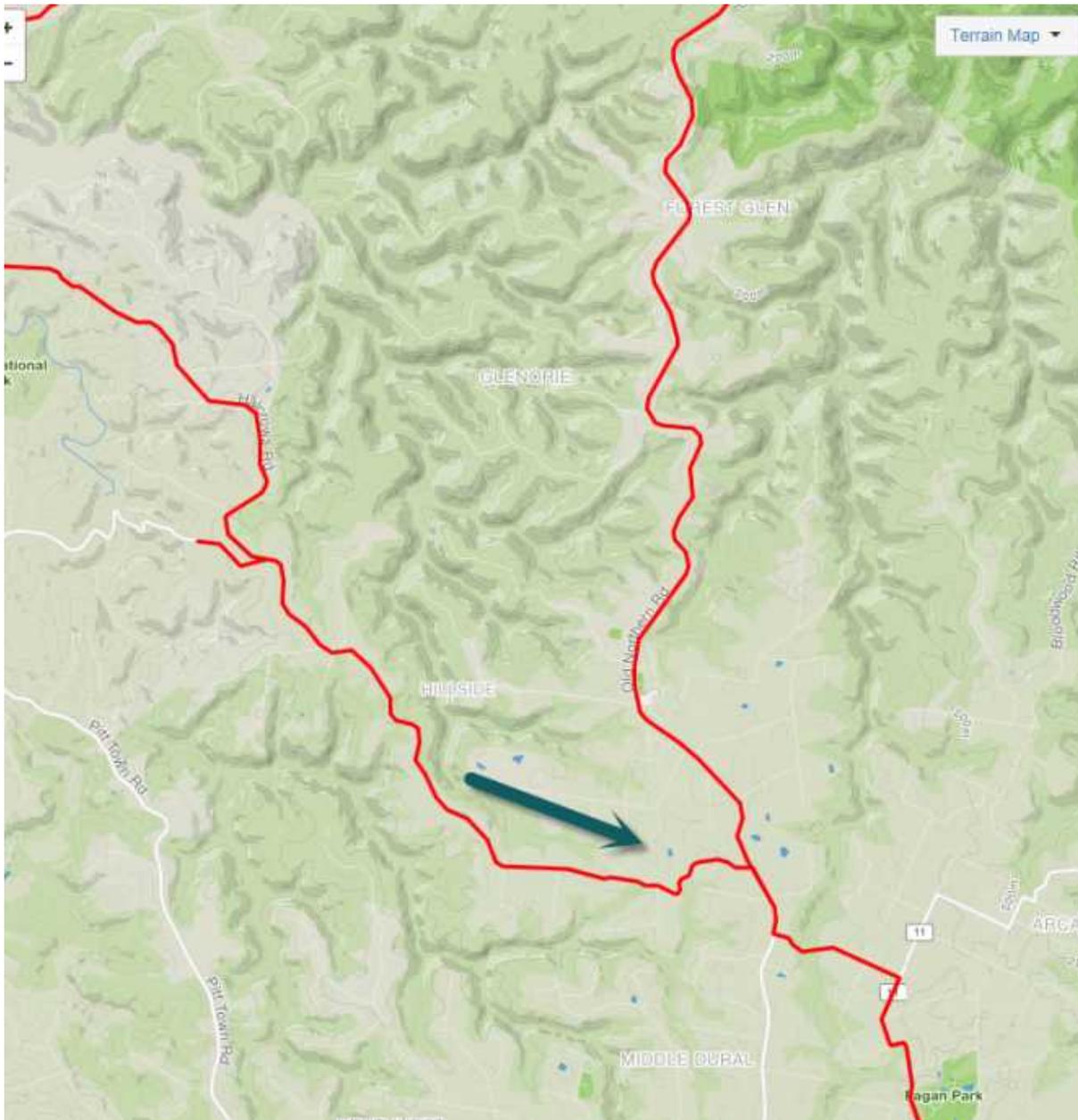


- After our bellies are full, we embark on the scenic route alongside the Hawkesbury. **MAKE SURE YOU TAKE IN THE VIEWS!** We take River Road till we turn left into Sackville Ferry Road.



- We follow Sackville till we are back at Wisemans Ferry Rd till Cattai.





- Right into Old Northern Road, and into familiar territory of Wylds Rd as we turn left. Then it's Arcadia Rd down to Galston, up the hill and all the way back via the usual SCC route down the Pacific Hwy until Balls Head Reserve.

### **Arrival at Balls Head Reserve – CONGRATULATIONS!**

You made it. Well done!

We will be celebrating your success at Balls Head Reserve with a delicious BBQ. The sausages and haloumi will be waiting, as will the craft beer kindly provided by Rip Viropoulos and Camperdown Cellars for your recovery and relaxation!

Your bags will be available for collection from your support vehicle after arrival at Balls Head Reserve. Unfortunately there are no showers available, **but there are toilet facilities where you can change – just bring some deodorant!**

## Getting Home

This year the ride is a loop! That means no trains to get home. There is plenty of parking around Balls Head Reserve if you are driving, or to get some additional kms, park at Centennial Park and ride across the Bridge! **The Park will be closed early, but there is unrestricted parking in Darley Rd near the Randwick Gates.**

John Shiell is organising a bunch to leave from the Horse Gates (Lang Rd) at Centennial Park at **5.00 am**.

Please ride safely, remember to look at the views and make sure you enjoy yourselves. This really is a beautiful ride, and great fun despite the hills! And a BIG, BIG thanks to all our ride captains and support drivers, as well as to all our hard-training, fundraising riders.

Looking forward to seeing you all at 5.30 am on Saturday morning.

**Klaudia Locker**

[events@sydneycyclingclub.org.au](mailto:events@sydneycyclingclub.org.au)

0451 072 857

Now go tell your family, friends and workmates all about your challenging journey so we can smash our goal for this vitally important cause. Thanks so much for your hard work and great support.

