



## Sydney CC Ride for a Reason 2018 Training Rides as at 5 September 2018

All longer rides start from Centennial Park at 6.00am. Please bring plenty of food, water and spare tubes, and check your tyres are in good condition each ride to help minimise punctures. NB: For North Shore rides, option to meet over the Bridge approx 20 minutes later. Bunch captains will be leading each group. **Safety first: please listen and pass all calls through the bunches!**

*Please check our SCC R4R Facebook page for regular updates [www.facebook.com/SydneyCCR4R/](http://www.facebook.com/SydneyCCR4R/)*

Date	Ride	Distance	Climb	Description	Strava Route
Sunday 9 September 6.00am	Sublime Point, Austinmer, RNP	157 km	2,181 m	Taking the Old Princes Hwy past Sublime Pt, then looping down to Austinmer for coffee, and back via Bald Hill, Stanwell Tops and all the way through beautiful RNP, exiting at Audley	<a href="https://www.strava.com/routes/15350541">https://www.strava.com/routes/15350541</a>
Sunday 16 September 6.00am	RNP Reverse & Woronora Dam	162 km	2,098	Ultra scenic ride: into RNP at Audley, down to Bundeena for coffee, through Park to Stanwell Tops and up to Helensburgh, side trip to check out Woronora Dam, then whizz back down the Highway home. Shorter options: 142 km minus Bundeena, or 148 km minus Woronora Dam. Longer option: 172 km return via Waterfall and back through RNP, exiting at Audley	<a href="https://www.strava.com/routes/15321093">https://www.strava.com/routes/15321093</a>
Sunday 23 September 6.30am	SCC Waterfall	90 km		Taper with regular SCC Club ride	
<b>Saturday 29 September 6.00am</b>	<b>R4R 2018</b>	<b>150 km</b>	<b>1,945m</b>	<b>* Ride for a Reason: Short course *</b>	<a href="https://ridewithgps.com/routes/28329819">https://ridewithgps.com/routes/28329819</a>
		<b>210 km</b>	<b>2,602m</b>	<b>* Ride for a Reason: Long course *</b>	<a href="https://ridewithgps.com/routes/28537492">https://ridewithgps.com/routes/28537492</a>