



Sydney CC Ride for a Reason 2019 Training Rides update 27/9/19



Rides start at 6.30 am in the centre of Centennial Park (Parkes Drive), but **longer rides start at 6 am.**
Please bring plenty of food, water and spare tubes For more info, contact events@sydneycyclingclub.org.au. NB: This schedule may change due to weather and road conditions, so please check TeamApp or www.facebook.com/SydneyCCR4R/ for updates

<i>Sunday</i>	<i>Destination</i>	<i>Approx Km</i>	<i>Description</i>
29 Sept 6.30am	Sublime Pt - Stanwell Tops	130-145	Ride past Waterfall, turn off to the old Highway and along to Sublime Point for a spectacular view and a coffee stop. Option to return via Stanwell Tops and Waterfall Hill for extra Ks
6 Oct 6.30am	Akuna Bay Reverse / West Head	125-130	For a change of scenery, ride past Church Pt, up McCarrs Creek Rd to the top, turn RIGHT and down into Akuna Bay. Up the other side then LEFT out to West Head for a great view and plenty of undulations on an almost traffic-free, smooth road! Return via McCarrs Creek Rd to Terry Hills for a coffee before heading home.
13 Oct 6.30am	RNP / Garie Beach / Bundeena	130	Into RNP at Waterfall, then a side trip for whale-watching at Garie Beach – it's a great descent and climb back up. Then a second side trip down to Bundeena for coffee. Return via Audley Hill. Lots of climbing practise – and options for short cuts if need be.
20 Oct 6.00am	Palm Beach / West Head	130-140	A fun ride to Palm Beach with plenty of undulations and a couple of long hills on the way home. Return via McCarrs Creek Road with a side trip to West Head, then back up McCarrs Creek Rd (130k) or Akuna Bay (140k) to Terry Hills and home via the Spit.
27 Oct 6.00am	Austinmer	140-150	Awesome ride via Helensburgh, down to Stanwell Park and a scenic trip over Sea Cliff Bridge. Coffee stop at Austinmer, return via Bald Hill to Stanwell Tops, then cruise through the beautiful RNP and back up Waterfall Hill - or return via Audley for a longer ride and more hills.
3 Nov 6.30am	4 Gorges	125	Beautiful, hilly ride up north with 4 good climbs and descents via Bobbin Head, Galston Gorge, Berowra and a ferry trip over the river. Back via Bobbin Head then home down the Pacific Hwy.
14 Nov 6.30am	Waterfall with SCC	90	Join our regular SCC ride to Waterfall. Rest your legs for the BIG event next week.
Saturday 16 Nov 6.00am	Ride for a Reason Sydney to Broke	162k	See you at the start! https://www.strava.com/routes/20248446