

Date	Ride	Duration	Start	Description	Rating
Saturday 14 March	St Ives Four Gorges .Bobbin Head .Galston .Berowra Waters Brooklyn .Bobbin Head	97km 5 hours or 75km 4 hours+	Meet in the car park at the intersection of Stanley St and Mona Vale Rd, St Ives at 6.30am opposite Pattison's Bakery.	A spectacular ride. A fifth gorge can be added by turning left at Berowra and tackling Brooklyn. The climbs are well spaced and consistent. For those who have never done this ride – it is a must. We will be riding in a clockwise direction so the climbs will be in the same order as listed in the "Ride Column". http://www.mapmyride.com/routes/fullscreen/37024400	Hard
Saturday 11 April	Lower 40, West Head, Akuna, Duffys	98km 5 hours or 61km 4 hours+	Meet in the car park at the intersection of Stanley St and Mona Vale Rd, St Ives at 6.30am opposite Pattison's Bakery.	After heading out along Mona Vale Rd we turn right at Forest Way and use Warringah Rd to link up with Wakehurst Parkway. We ride the parkway down to the beaches landing at Narrabeen. Here we continue along Pittwater Rd, through Bayview and up McCarrs Creek Rd. Half way up we turn right and ride the spectacular out and back of West Head Rd. We then drop into and climb out of Akuna bay, complete and out and back of Duffys Forest before returning to St Ives for a well earned coffee. http://www.mapmyride.com/routes/fullscreen/629861196/	Hard
Saturday 18 April	Mona Vale St Ives Brooklyn Kariong Ettalong Palm Beach Mona Vale	123km 6 hours (Ferry 10km) or 80km 5 hours	Meet in Darley St East Mona Vale Beach end outside Cinque cafe ready to roll at 6am. There is all day on street parking available.	The ride will head up Mc Carrs Creek Rd to Terrey Hills and along Mona Vale Rd into St Ives. We then continue through Bobbin Head and up to Brooklyn through Berowra via the Old Pacific Hwy. After crossing the Brooklyn Bridge we climb up to Mt White and Calga before descending to Mooney Mooney Creek and climb back out to Kariong. The descent down Kariong hill brings us to West Gosford where we turn right and navigate the western shore line Brisbane Waters to Woy Woy. We then ride on to Ettalong (111km mark) where we catch the 11am ferry to Palm Beach and finish the ride with a short 12km ride back to Mona Vale. Bring \$ for the ferry - \$15 approx. http://www.mapmyride.com/routes/view/613032064	Hard

For each of these training rides, there will be two groups riding. Those doing the 142km and those doing the 70km ride. So the training distance will reflect each group accordingly. The riders doing the 70km ride will not ride the full distance of the training ride but rather a shortened version of it.

It is highly recommended that you attend as many training sessions as you can, particularly the longer distance ones as the terrain is similar to the event.

Please ensure you notify us of the training rides you wish to attend so we can cater accordingly.

Email: Ben@mildrenevents.com.au or mobile 0401 589 630
Kylie@mildrenevents.com.au or mobile 0407 893 221