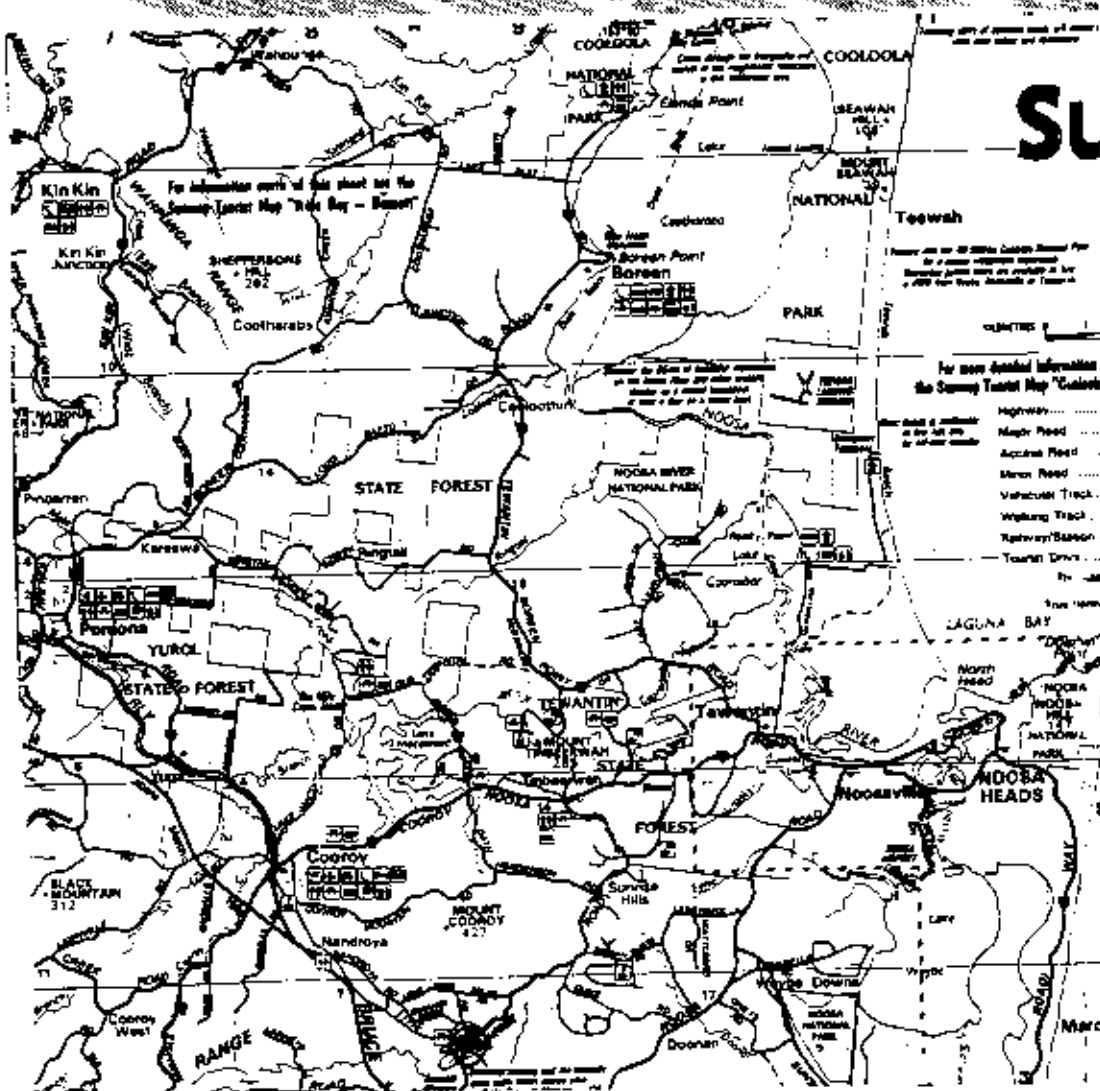


NOOSA 100 Sun. Nov. 13





THE RIDE



- Starts:** 7.30am
- Getting There:** The ride starts and finishes at Noosa Heads.
- Distance:** The round trip distance is about 100km (with a 50km option returning via the Cooroy Noosa Rd from Cooroy)
- Roads:** There is about 10km of gravel road, mostly in good condition.
- Hilliness rating:** There is one longer hill and a few undulating hills mostly in the first half of the ride; the return section is pretty flat.
- What's Available:** There are milkbars in all the towns on the way.

THE ROUTE OUTLINE

(distances are approximate)

From the car park follow Noosa Parade, then Gympie Terrace through residential Noosa following the signs to Tewantin.

9km

Follow the main road through Tewantin onto the Cooroy Noosa Rd and continue along past the State Forest on the left.

Turn left at Sunrise Rd

15km

Follow the rolling hills of Sunrise Rd; there is 1 km of gravel road at 17km.

Turn right at the sign to Cooroy onto Eumundi Range Rd.

24.5km

MORNING TEA *There is a lookout just about 200m further on the left.*

Watch for a dog on the right

26 km

Follow the road onto Cooroy, watch for traffic coming off the highway

30km

In Cooroy cross the railway line onto the road to Pomona which follows the railway line part of the way. Watch for the right turn off to Pomona

42km

Just another km or so into Pomona where there's a park to rest in.

43km

Back onto the road you came in by but turn left onto Boreen Rd and follow until you reach Boreen Pt

61km

Turn left onto the dirt road to Elands Pt for LUNCH

66km

Return along the same road towards Boreen Point

70km

Along Boreen Rd until turnoff to the left on Tewantin Boreen Pt Rd

74km

Continue until you reach Tewantin, turn right at the Primary School then next left onto the main road through Tewantin

89km

Return by the Tourist Drive along by the river to Noosa Heads.

96km

GOAL: To Ride 100 km

The basis of successful century riding is training. "Easy" means taking a leasurely pace, "pace" means matching the speed you plan to maintain for the century, and "brisk" means cycling faster than your century pace.

No matter what schedule you follow, it is good to find time to train during the week. Remember that easy riding facilitates recovery better than inactivity.

WEEK	MON. Easy	TUES. Easy	WED. Pace	THUR. Brisk	FRID.	SAT. Pace	SUN. Pace	TOTAL Weekly Dist.
1.	10	8	13	15	off	13	38	97
2.	11	8	14	17	off	14	42	106
3.	13	9	15	19	off	15	47	118
4.	14	11	15	21	off	15	53	129
5.	16	12	15	24	off	15	59	141
6.	18	13	15	25	off	15	65	151
7.	20	15	15	25	off	15	65	155
8.	20	15	15	25	off	10 easy century		185

- Drink before you're thirsty
- Eat before you're hungry
- Limit your stops to 10 minutes
- Stretch before, during & after
- Obey road rules
- Have fun!

This schedule is courtesy of
(and without their permission)
BICYCLING Magazine
and the League of American
Wheelmen