

Sunshine Coast Bicycle Touring Club Inc.

SUNDAY 1st October

MOUNTAIN VIEWS

Grade: med Dist: 45km

Time: 8.30 am

Start: Mary Cairncross Park Lookout,
Mountain View Rd.

A scenic circuit along Mtn View &
Reesville Rds taking in views from the
Conondale Range and Maleny.

Leader: Rohan & Alison Ph: 930 360

SUNDAY 22nd October

REDCLIFFE - a ride through history

Grade: easy/ med Dist: 20 or 40km

Time: 8.30 am

Start: check with Don

A scenic and mostly very flat circuit from
Redcliffe to Scarborough and return with
an optional ride across the bridge to
Sandgate.

Leader: Don

Ph: 92 1721

SATURDAY 7TH

OCTOBER

BBQ RIDE

Grade: very easy

Dist: about 20km

Time: 2.30pm

Start: Adrian &
Helen's place in
Wurtulla (call Adrian
for the address)

Join us and bring the family for a
leisurely shorter ride to Mooloolaba and
return followed by a BYO barbeque. You
are welcome to come along for just the
ride or the BBQ if you want.

Leader: Adrian

Ph: 93 5773



SUNDAY 15th October

NOOSA CHOICES

Grade: med Dist: about 45km

Time: 8.30am

Start: Car Park, cnr Noosa Pde &

Noosa-Tewantin Rd, Noosa Heads

Starting at Noosa, ride through Tewantin
then either to Sunrise Rd and Cooroy or to
Pt Elanda; we'll decide on the day.

Leader: Jenny

Ph: 45 4635



SUNDAY 29th

October

NORTHERN

EXPLORER

Grade: med +

Dist: about 70km

Time: 7.30 am

Start: Cod Hole Car
park on David Low
Way b/n Fisherman's

Rd & Kuran Rd

Head North from Maroochydoore on a
training ride for the Noosa 100 in two wks.

Leader: Jenny

Ph: 45 4635

SUNDAY 12th November

THE NOOSA 100 (or 50)

Grade: challenging Dist: 100km/ 50km

Time: 7.30am

Yes you can do it !!! Use the training
schedule over the page and our calendar
rides along the way to prepare for your
first or hundredth metric Century. Take
in Noosa, Cooroy and Pomona along the
way. Or enjoy the 50km option if you
want something a bit easier.

THIS IS NOT A RACE!

Contact: Jenny on 45 4635 or

Adrian on 93 5773

1. All rides are free and open to the public; those under 17 years should be accompanied by an adult.

2. While not compulsory it is advisable to contact the ride leader before the ride just in case any details have changed

3. Bring pump, spare tube, puncture repair kit and tyre levers. Helmets are compulsory.

All riders must obey the road rules.

NEXT GENERAL MEETING

Mon. 30th October at
7.30pm.

Call Adrian on 93 5773 for details.

All members are welcome at meetings - let us know what you want for the club.

GOAL: To Ride 100 km

The basis of successful century riding is training. "Easy" means taking a leisurely 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

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
BICYCLING Magazine
and the League of American
Wheelmen

This schedule is just intended as a
guide for training.