

## Christmas Period Training/Social Road Rides 2011/2012

All care must be taken, as SHCC accepts no responsibility for rider injury or death. The rides listed are not official SHCC rides or races.

### THE WEEKDAY MORNING RIDE (morning) (Fostwat)

Every weekday morning 5:30am from the Cnr of Kangaloon Rd & Eridge Park Rd (& Old South Rd)

Course: Reverse Golden Vale, back in Bowral CBD before 7:00am. Easy grind on the hills...~28kmh Ave

**Mon 26/12**                    **Fostwat Ride (45km) – 7am from Mezza Bar**

**Tues 27/12**                    **Fostwat Ride (45km) – 7am from Mezza Bar**

**Wed 28/12**                    **Regular Fostwat Ride 5.30am from Kangaloon/Eridge Park Road Roundabout**

**Thurs 29/12**                    **Regular Fostwat Ride 5.30am from Kangaloon/Eridge Park Road Roundabout**

**Fri 30/12**                    **Regular Fostwat Ride 5.30am from Kangaloon/Eridge Park Road Roundabout**

**Mon 02/01**                    **Fostwat Ride (45km) – 7am from Mezza Bar**

**Tues 03/01**                    **Regular Fostwat Ride 5.30am from Kangaloon/Eridge Park Road Roundabout**

### 4 PEAKS

Leaves from Mezza Bar in Corbett Plaza in Bowral Saturday at 6:30 am.

Oxley Hill, Bendooley Hill, Chalkers Hill (Old South Road), Mt Gibraltar

Back at Gus' around 8:15am.

'4Peaks goes to the Valley', on the first Saturday of every month, leaving from Mezza Bar at 6am, picking up at Whytes in Moss vale at 6.30am and returns to Bowral via Sheepwash road by 9am. 80kms medium to hard.

**Sat 24/12**                    **Four Peaks (Hills) – 6.30am from Mezza Bar**

**Sat 31/12**                    **Four Peaks (Hills) – 6.30am from Mezza Bar**

### THE SUNDAY RIDE

Leaves from Mezza Bar in Corbett Plaza in Bowral every Sunday at 7 am.

Duration: Approx. 2 hours. Two groups, one quick, one medium paced.

Quick Course: Kangaloon, Robertson, Fitzroy Falls, Avoca and back via Sheepwash Road.

Alternate Course: Leaves out the two hills and goes via Wildes Meadow.

Meet back at Mezza Bar, Bowral, around 9.

**Sun 25/12**                    **Sunday Bunch Ride (approx. 60km) – 7am from Mezza Bar**

**Sun 01/01**                    **100km Ride out to Wingello and surrounds 6am from Mezza Bar**

### CHICS ON SLICKS GROUP TRAINING RIDE

1st Sunday of every month

Start - Berrima Pub car Park

Ride - Extended Wombeyan loop- Approx 55kms - 2hrsPlus

Coffee after at the Magpie

**Sun 01/01**                    **Chics on Slicks (50km) 7am from Surveyor General Inn Berrima – Women Only**

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