

Get Along To Ettalong – Saturday 30th March 2019

Organisers: Katherine Bryant and Ian Garrity
7/16 Regent St, Dee Why
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Start Time: 6:00am. Please **arrive by 5:45am for the 6:00am start**. This will allow time for admin and light check.

Start Location: Dee Why, 7/16 Regent St. Please assemble near the school fence. You will need to either find some on street parking around Regent Street or park down at Dee Why Beach – but not in the Surf Club car park as it is paid parking.

Finish Location: Dee Why Beach, The Strand.



Safety: Audax safety regulations have recently changed. Please find a link to the revised regulations below.

https://www.audax.org.au/public/images/stories/Documents/National_Docs/Audax_Australia_Safety_Recommendations.pdf

150km Get Along To Ettalong

Important Information:

This ride involves a commercial ferry trip between Ettalong and Palm Beach. The cost is \$10.90 (although sometimes there is an additional \$2.50 for your bike). It is also important to check the ferry running times, as there can be an up to 2 hours gap between services. There have been some minor route changes for 2019. A bike path at West Gosford has been utilized to avoid traffic on Brisbane Waters Drive. In addition, to avoid the excessive traffic on Barrenjoey Road heading back from Palm Beach, the route has been changed to the hillier (but more scenic) route via Whale beach to Avalon.

Control Locations: Ettalong – 131.5km
Dee Why Beach – 156.0km

Route Map: Overview map – see page 3
The route is also mapped on:
<https://ridewithgps.com/routes/26540098>

Food/water: This ride is unsupported however food and water is readily available along the route and at the control locations.

At Ettalong, there is a café near the ferry wharf on the RHS on Ferry Road which we recommend. Alternatively there are numerous cafes/shops in Ettalong itself.

At the finish at Dee Why Beach, there are a variety of café options on the beachfront. We have been stopping at 'Munchies' on the beach for after ride food since 'Bacino' changed hands and started closing at 1.00pm.

Entry Fees: Audax or Cycling Australia members \$6 (please bring your membership card).
Non-members \$16 (includes a \$10 temporary membership surcharge which is required for insurance purposes). Enter online at the address below.

<https://www.audax.org.au/portal/rides/register-calendar/1248-get-along-to-ettalong-2019-2019>

Registration: All entries close at noon on Friday 29th March 2019

Post Ride: Your brevet cards will be processed after the ride and then sent back to you.
Therefore, when you have finished, you can either drop it in our letterbox (Unit 7) or mail it to us at Ian Garrity, 7/16 Regent St, Dee Why

Ian Garrity – 0404 246064 Katherine Bryant – 0466 637 405

200km Get Along To Ettalong

Important Information:

This ride involves a commercial ferry trip between Ettalong and Palm Beach. The cost is \$10.90 (although sometimes there is an additional \$2.50 for your bike). It is also important to check the ferry running times, as there can be an up to 2 hours gap between services. In addition, to avoid the excessive traffic on Barrenjoey Road heading back from Palm Beach, the route has been changed to the hillier (but more scenic) route via Whale beach to Avalon.

Control Locations: Kulnara – 131.5km
Ettalong – 178.0km
Dee Why Beach – 201.5km

Route Map: Overview map – see page 6
The route is also mapped on:
<https://ridewithgps.com/routes/26540110>

Food/water: This ride is unsupported however food and water is readily available along the route and at the control locations.

Food and drinks can be purchased at the Kulnara general Store and at Ettalong, there is a café near the ferry wharf on the RHS on Ferry Road which we recommend. Alternatively there are numerous cafes/shops in Ettalong itself.

At the finish at Dee Why Beach, there are a variety of café options on the beachfront. We have been stopping at 'Munchies' on the beach for after ride food since 'Bacino' changed hands and started closing at 1.00pm.

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