

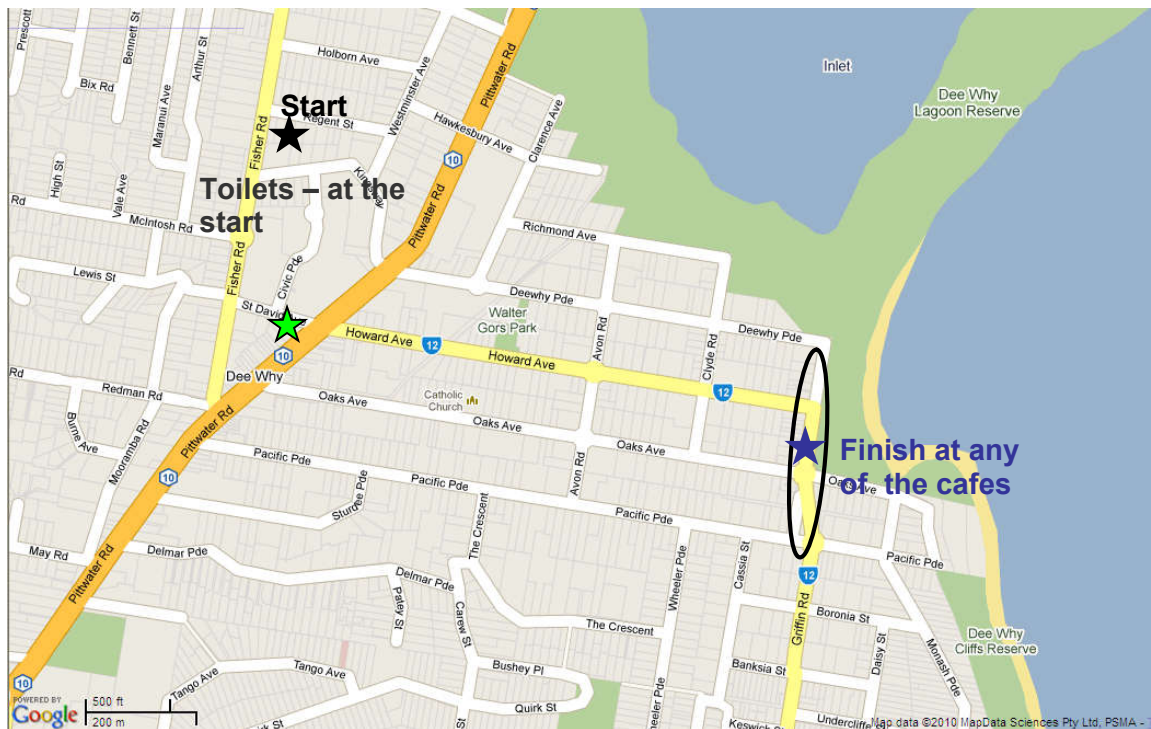
Gorges Galore – 23rd February 2019

Organisers: Katherine Bryant and Ian Garrity
7/16 Regent St, Dee Why
Ph: 02 9981 3919
Mob: 0404 246 064 (Ian)
Mob: 0466 637 405 (Katherine)
Email: ian.garrity@yahoo.com.au

Start Time: 6:00am. Please **arrive by 5:45am for the 6:00am start**. This will allow time for admin and pre ride bumpf.

Start Location: Dee Why, 7/16 Regent St. Please assemble across the road at the school fence. If coming by car, you can either park on street around Regent Street, or park down at the beach on the street (not in the surf club car park as it is metered) so the car is close by at the end of the ride.

Finish Location: 100km – Dee Why Beach, The Strand
200km – 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

104km Gorges Galore

Control Locations: Bite Me Bakehouse Mt Colah – 63km
Dee Why Beach – 104km

Notes: A revised route (again) this year. Via Akuna and Bobbin Head to turn around at Mt Colah before returning through Bobbin Head and the Lake path back to Dee Why Beach.

Route Map: The route is also mapped on:
<https://ridewithgps.com/routes/18819473>

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

For food at Dee Why Beach, we recommend either Chill Bar (20 The Strand) or Bacino Bar (corner of The Strand and Howard Avenue) for coffee, ice cream and small eats or, alternatively, Sea Change Cafe (Shop 3/20 The Strand) for more substantial food.

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).

Registration: Online registration
<https://www.audax.org.au/portal/rides/register-calendar/1179-gorges-galore-2019-2019>

All entries close at midday on Friday 22nd February 2019

Post Ride: Your brevet cards will be processed after the ride and then sent back to you. Thus, please either:

- Leave your brevet card in the bike shop and we'll collect it
- Drop it in our letterbox (Unit 7) or
- Mail it to us at: Ian Garrity, 7/16 Regent St, Dee Why NSW 2099.

200km Gorges Galore

Control Locations: Andys Takeaway – 87km
Mount White – 128km
Dee Why Beach – 200km

Notes: Due to my personal dislike at the amount of cars using Galston Gorge at the time the route is due to pass through, I have altered the route to climb to the western side of Berowra waters to Andys Takeaway and then return for the eastern climb – the same number of gorges as before, just substituting the western ascent of Berowra Waters for the western ascent of Galston gorge.

Route Map: The route is also mapped on:
<https://ridewithgps.com/routes/26859894>

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

For food at Dee Why Beach, we recommend either Chill Bar (20 The Strand) or Bacino Bar (corner of The Strand and Howard Avenue) for coffee, ice cream and small eats or, alternatively, Sea Change Cafe (Shop 3/20 The Strand) for more substantial food.

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).

Registration: Online registration
<https://www.audax.org.au/portal/rides/register-calendar/1179-gorges-galore-2019-2019>

All entries close at midday on Friday 22nd February 2019

Post Ride: Your brevet cards will be processed after the ride and then sent back to you. Thus, please either:

- Leave your brevet card in the bike shop and we'll collect it
- Drop it in our letterbox (Unit 7) or
- Mail it to us at: Ian Garrity, 7/16 Regent St, Dee Why NSW 2099.