

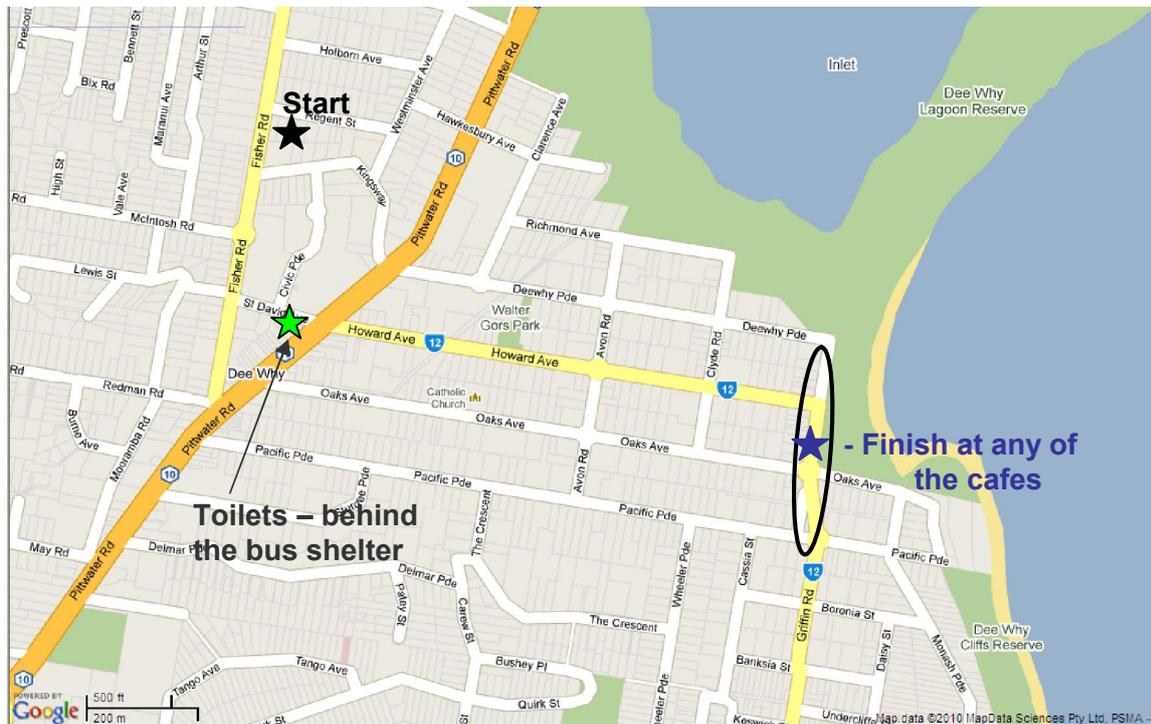
Mt Cliftonville 200 – Saturday 17th March 2018

Organisers: Katherine Bryant and Ian Garrity
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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 school fence across the road. For those coming by car, you can park in the nearby streets, or, alternatively, you can park down near the beach so the car is close by at the end of the ride.

Finish Location: – Dee Why Beach, The Strand.



Lighting: **Audax lighting rules apply** for the ride starts before daylight hours, so lights are mandatory. Lighting rules can be viewed on the Audax website (follow the links below).
There will be an inspection prior to commencement of the ride.

Lighting -

<http://www.audax.org.au/public/images/stories/Documents/lightingrequirements.pdf>

Reflective Vest -

<http://www.audax.org.au/public/images/stories/Documents/reflectivegarments.pdf>

Important Information:

Due to continuing roadwork on Forest Way that has removed previous cycle lanes, the route has been altered from last year. The course no longer comes back via Bobbin Head, but now returns to Dee Why via McCarrs Creek Road for a longer distance of 212km.

'Andys' Café at Arcadia (55km and not a checkpoint) is the last potential food stop until the first checkpoint at the Stonehouse Café South Maroota (113km - this has recently reopened, so we hope it is still reopened when we come through...although if it is closed, there is a garage a few km ahead). So make sure you have enough food to get there. There is also a café at Cliftonville (105km), but this is normally only open in summer for the waterski crowd.

Control Locations: South Maroota (Stonehouse Café) - 113km
Hornsby - 169km
Dee Why Beach – 212km

Route Map The route is also mapped on:

<https://ridewithgps.com/routes/26973605>

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 Andys Café, the Stonehouse Café and at Glenorie on The Old North Road.

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). Enter online at the address below.

<https://www.audax.org.au/portal/rides/register-calendar/828-mount-cliftonville-200-2018-2018>

Registration: **All entries close at noon on Friday 16th March 2018**

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 NSW 2099.