

NORTHERN SUBURBS
TRIATHLON CLUB

NSTC



2014 BIGGEST CLUB RIDE IN HISTORY

Sunday 28th September 2014

After the success of last years inaugural “Biggest Club Ride in NSTC History” we will holding the event again on Sunday morning of the 28th September 2014.

Can we do better than the 43 attendees last year ?



To view highlights of last years event you can go to:

[2013 Biggest Club Ride in NSTC History](#)

Why ?

It's a great chance to show off our club colours and demonstrate to the community what nice people we are !



To promote the Saturday club ride and encourage more people to join in on a regular basis (for all levels of riders):



To give people the chance to practice and experience group riding skills and etiquette



And of course another chance to socialise with our friendly club mates !:



And finally don't forget to throw a few folding bits of cash into your knicks to pay for some breakfast goodies that will be provided after the event. All proceeds from this will be put towards a charity to be announced.



The Course:

We will again be doing the West Head, Akuna Bay, Duffys Forest club ride as the course for this event:

<http://www.mapmyride.com/routes/view/65014948>

The ride will be split up into 3 groups to allow for different riding abilities

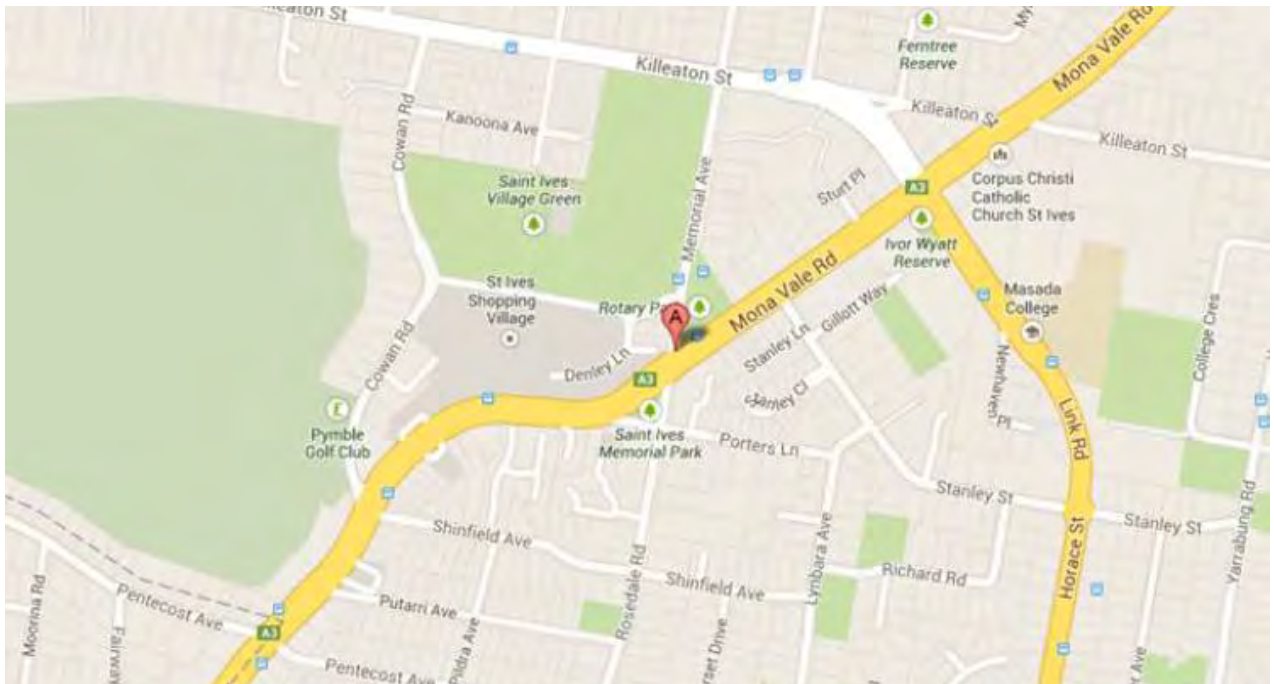
“Alpha” Group: St Ives - Terrey Hills - Akuna Bay – West Head – Akuna Bay – Duffys Forest – Terrey Hills

“Belle” Group: Terrey Hills – Akuna Bay – West Head – McCarrs Creek Rd – Terrey Hills

“Champions” Group: West Head Rd

Starting Where ?:

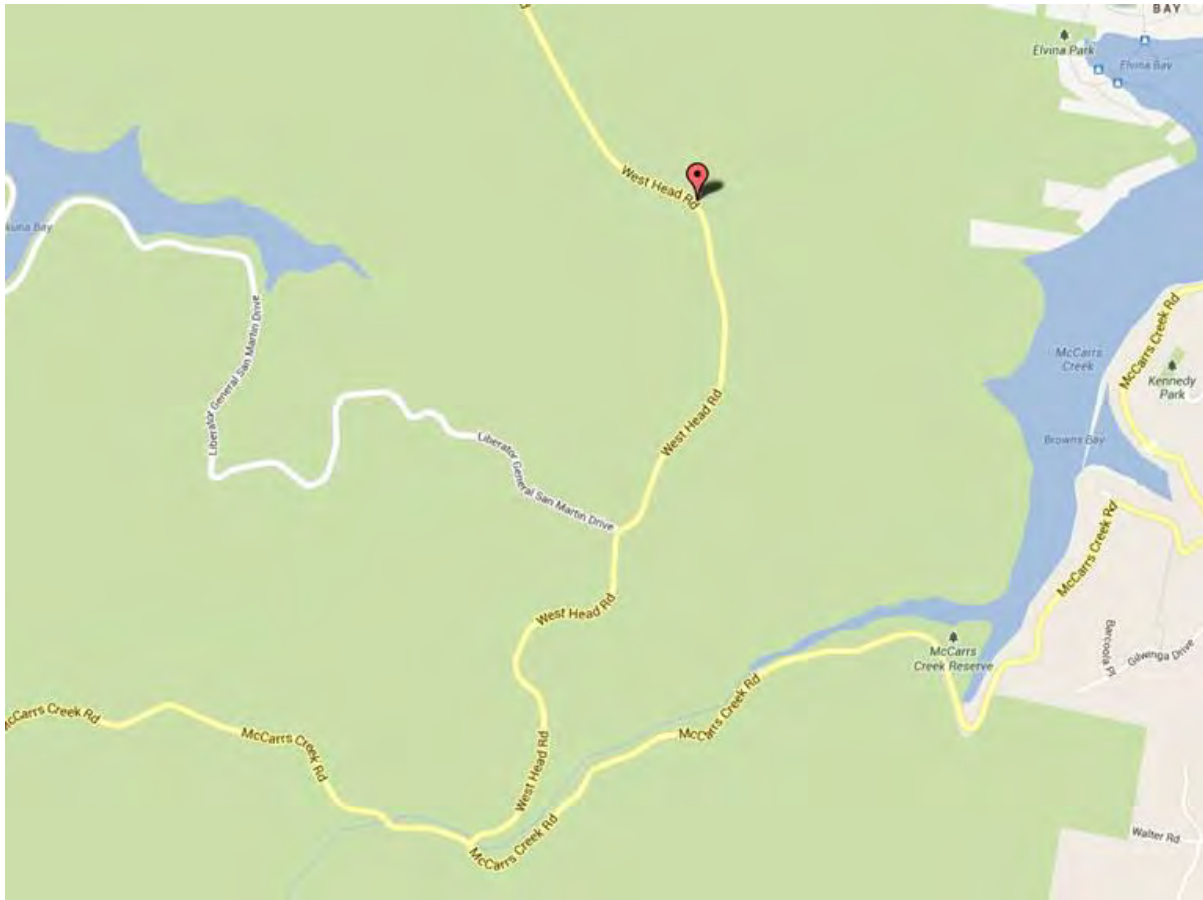
“Alpha” Group: St Ives, Mona Vale Rd car park across the road from Pattison’s Patisserie at 6:30am:



Belle” Group: Joins the Alpha group at Terrey Hills Thai, corner of McCarrs Creek Rd and Kanangra Rd at 6:50am:



“Champions” Group: Joins the Alpha and Belle groups at the West Head Rd Car Park at 7:30am.

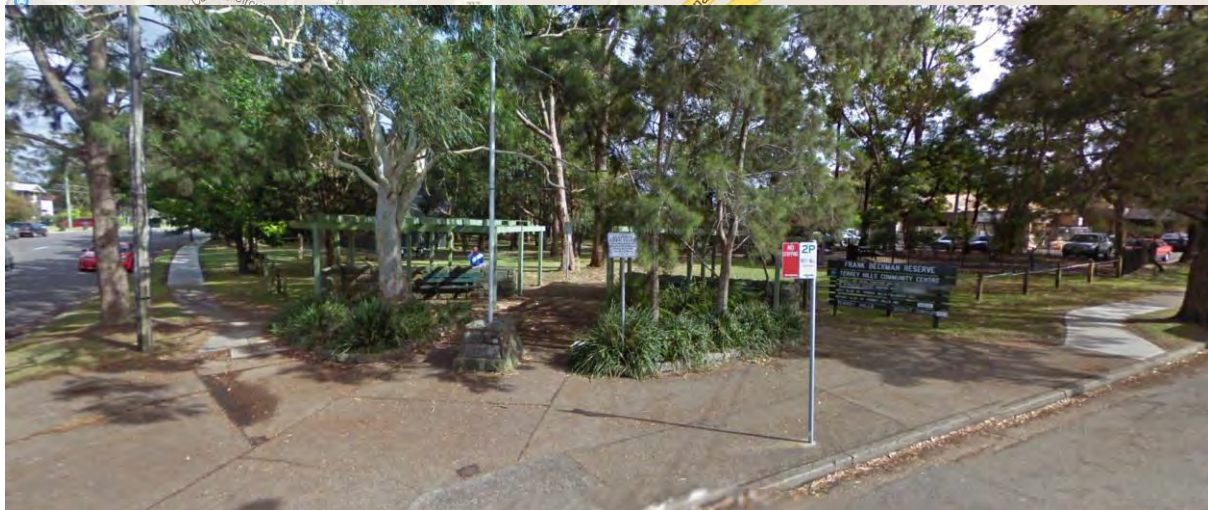
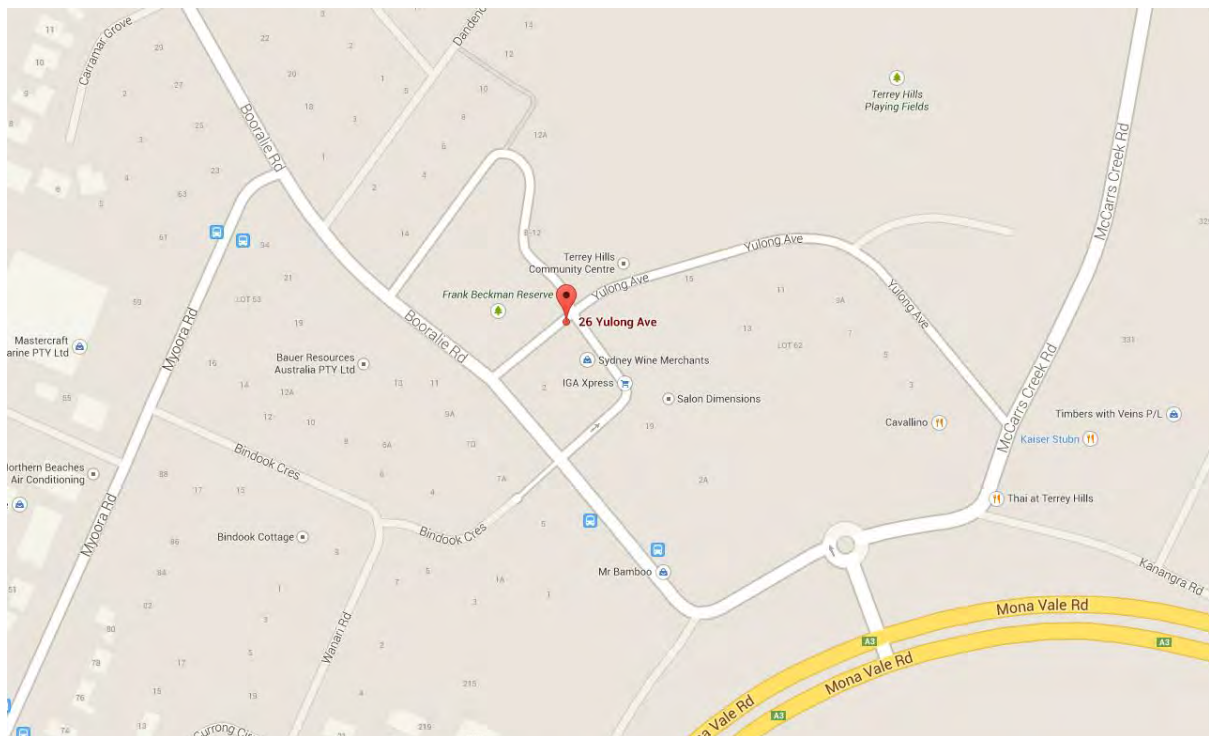


The Riding Plan and Rules:

- The ride is open to all current 2014/15 NSTC members
- Everyone is encouraged to wear club kit (old or new is fine)
- The A,B and C groups will all meet up together on West Head Rd **but please stick to the group that best matches your pace and riding skills**
- Each group will have at least 2 experienced riders to pace set and control the groups
- Given that we will be clearly visible and representing the club, any road rule infringements will be frowned upon (eg. ignoring pedestrians on level crossings, not giving way to other traffic, road rage etc).

Afterwards:

We will all meet up at Frank Beckman reserve (the park across the road from the Terrey Hills shops on the corner of Booralie Rd and Yulong Ave) where breakfast will be provided for everyone who makes a folding cash donation. Coffee can be purchased from any of the cafes across the road:



Hope to see you all there !!

