
Sunday rides are rated for their approximate gradient:

H 0 flat H 2 undulating H 4 brutal

Sat 7th Dec 6:00 AM - Saturday Rides

Start: Bli Bli, Muller Park **UBD58 G16**
Desc: NO After Ride Coffee this month
34km Ride Contact: Tony Bulters 0481 366 830
35km Ride Contact: Bill Foster 07 5373 7596
40km Ride Contact: Karin Nielsen 0411 031 634

Sat 7th Dec 6:30 AM - Saturday Rides

Start: Bli Bli, Muller Park **UBD58 G16**
Desc: NO After Ride Coffee this month
20km Ride Contact: Robyn Vardy 0403 704 986
25km Ride Contact: Judee O'Leary 0410 501 558
30km Ride Contact: David Greenhalgh 0407 730 165
33km Ride Contact: Ross Sheppard 0414 595 616

Sun 8th Dec 6:00 AM - Beat the Heat loop 1

Start: Mountain Creek, Woolworths **UBD79 H7**
Desc: To Forest Glen, Chevallum, Palmwoods, Eudlo, Ilkley Road, Joel Court and return. Coffee at end of ride
Rating: 45km H2 **Contact:** John Pearson 0466 970 179

Sat 14th Dec 6:00 AM - Saturday Rides

Start: Dicky Beach, Carpark (Beerburum/Elizabeth) **UBD100 L7**
34km Ride Contact: Roger Watson 0428 760 476
35km Ride Contact: Michael Clarke 0409 478 295
40km Ride Contact: Justin Smith 0413 150 819

Sat 14th Dec 6:30 AM - Saturday Rides

Start: Dicky Beach, Carpark (Beerburum/Elizabeth) **UBD100 L7**
20km Ride Contact: Robyn Vardy 0403 704 986
25km Ride Contact: Barney Smith 0431 155 008
30km Ride Contact: Annette Gardner 0438 913 095
33km Ride Contact: Michelle Gair 0422 498 566

Sun 15th Dec 6:30 AM - Diamond Detour

Start: Glenview, Maddock Park **UBD97 E3**
Desc: Glenview, Mooloolah Valley, Diamond Valley, Mooloolah for coffee and Maddock swim.
Rating: 36km H3 **Contact:** Rob Coles 0408 452 400

Sat 21st Dec 6:00 AM - Saturday Rides

Start: Maroochydore, Lions Park **UBD68 K5**
34km Ride Contact: Jim Baronowski 07 5491 8742
35km Ride Contact: Grant Alexander 07 5441 6618
40km Ride Contact: Andy Cowley 0435 266 465

Sat 21st Dec 6:30 AM - Saturday Rides

Start: Maroochydore, Lions Park **UBD68 K5**
20km Ride Contact: Robyn Vardy 0403 704 986
25km Ride Contact: Terry Lyons 0418 741 599
30km Ride Contact: Annette Hill 0467 482 314
33km Ride Contact: Rob Coles 0408 452 400

Sat 28th Dec 6:00 AM - Saturday Rides

Start: Sippy Downs, Middle School **UBD78 Q16**
34km Ride Contact: Michael Jacobson 0448 744 993
35km Ride Contact: Michael Gavigan 07 5453 7367
40km Ride Contact: Jess James 0422 864 199

Sat 28th Dec 6:30 AM - Saturday Rides

Start: Sippy Downs, Middle School **UBD78 Q16**
20km Ride Contact: Helen Gavigan 0409 625 889
25km Ride Contact: Rene Stevens 0405 325 101
30km Ride Contact: Ian Jope 0412 675 119
33km Ride Contact: Ross Sheppard 0414 595 616

Sat 4th Jan 6:00 AM - Saturday Rides

Start: Wurtulla, Crumunda Park **UBD90 F18**
Desc: A.R.S.E.
34km Ride Contact: Chris Small 0403 275 024
35km Ride Contact: Glenn Morris 07 5476 9373
40km Ride Contact: Robert Rosengreen 0419 776 926

Sat 4th Jan 6:30 AM - Saturday Rides

Start: Wurtulla, Crumunda Park **UBD90 F18**
Desc: A.R.S.E.
20km Ride Contact: Robyn Vardy 0403 704 986
25km Ride Contact: Ben Humphreys 07 5493 5876
30km Ride Contact: Rod Hingst 0438 800 329
33km Ride Contact: Joseph Keily 0466 527 129

Sun 5th Jan 6:00 AM - Beat the Heat loop 2

Start: Coolum Beach, Tickle Park **UBD39 J15**
Desc: Peregian Springs, Arcoona Road and back. Murdering Creek Rd loop, Peregian Breeze, Coolum. Coffee at end of ride.
Rating: 40km H1.5 **Contact:** John Pearson 0466 970 179

Sat 11th Jan 6:00 AM - Saturday Rides

Start: Coolum Beach, Tickle Park **UBD39 J15**
34km Ride Contact: Jackie Miller 0416 195 343
35km Ride Contact: Graham Day 0455 234 479
40km Ride Contact: James Flower 0421 734 185

Sat 11th Jan 6:30 AM - Saturday Rides

Start: Coolum Beach, Tickle Park **UBD39 J15**
20km Ride Contact: Robyn Vardy 0403 704 986
25km Ride Contact: Bob Casson 0418 711 399
30km Ride Contact: Chris Nagle 0412 781 704
33km Ride Contact: Ross Sheppard 0414 595 616

Sun 12th Jan 6:00 AM - an almost flat Sunday ride

Start: Forest Glen, (Opp. bakery) **UBD77 F4**
Desc: Cruise to Sippy Downs, Mountain Creek, North Buderim, Kunda Park, Rosemount and return to Forest Glen.
Rating: 52km H1 **Contact:** Grant Alexander 0458 929 961

Sat 18th Jan 6:00 AM - Saturday Rides

Start: Golden Beach, Keith Hill Park **UBD110 B13**
34km Ride Contact: Roger Watson 0428 760 476
35km Ride Contact: James McCormack 0427 944 697
40km Ride Contact:

Sat 18th Jan 6:30 AM - Saturday Rides

Start: Golden Beach, Keith Hill Park **UBD110 B13**
20km Ride Contact: Robyn Vardy 0403 704 986
25km Ride Contact: Marilen Gibson 0408 743 205
30km Ride Contact: Graham Sayer 0417 712 979
33km Ride Contact: Barrie Jensen 0407 211 052

Sun 19th Jan 6:00 AM - Beat the Heat loop 3

Start: Maroochydore, Cod Hole (Opp. 325 Bradman) **UBD68 M4**
Desc: Diddillibah Hall, Woombye Primary School, Palmwoods, Chevallum, Parsons Road, Eudlo Flats Road, Diddillibah Hall, Cod Hole. Coffee at end of ride.
Rating: 40km H2.5 **Contact:** John Pearson 0466 970 179

Sat 25th Jan 6:00 AM - Saturday Rides

Start: Minyama, Jessica Park **UBD80 E10**
34km Ride Contact: Michael Jacobson 0448 744 993
35km Ride Contact: Martin Webb 0466 098 340
40km Ride Contact: Michael Conway 0487 373 649

Sat 25th Jan 6:30 AM - Saturday Rides

Start: Minyama, Jessica Park **UBD80 E10**
20km Ride Contact: Robyn Vardy 0403 704 986
25km Ride Contact: Sandi Miller 0407 762 622
30km Ride Contact: Anne Sadleir 0418 188 851
33km Ride Contact: John Hawkins 0418 140 383

Sat 1st Feb 6:00 AM - Saturday Rides

Start: Caloundra, Happy Valley **UBD100 J18**
Desc: A.R.S.E.
34km Ride Contact: Jim Baronowski 07 5491 8742
35km Ride Contact: Barbara Beck 0434 345 324
40km Ride Contact: Justin Smith 0413 150 819

Sat 1st Feb 6:30 AM - Saturday Rides

Start: Caloundra, Happy Valley **UBD100 J18**
Desc: A.R.S.E.
20km Ride Contact: Robyn Vardy 0403 704 986
25km Ride Contact: Ben Humphreys 07 5493 5876
30km Ride Contact: Bernie Gardner 0418 989 848
33km Ride Contact: Bruce Forster 0448 761 741

Sun 2nd Feb 6:00 AM - Beat the Heat loop 4

Start: Coolum Beach, Tickle Park **UBD39 J15**
Desc: Coolum Beach, Persimmon Dr, Noosa Hill Lookout, David Low Way, Peregian Esplanade, Coolum. Coffee at end of ride.
Rating: 40km H2.5 **Contact:** John Pearson 0466 970 179

Sat 8th Feb 6:00 AM - Saturday Rides

Start: Mooloolaba, River Esplanade/Foote St
34km Ride Contact: Greg Martin
35km Ride Contact: Martin Webb
40km Ride Contact: Gary White

UBD80 D3
07 5493 4390
0466 098 340
07 5459 1831

Sat 8th Feb 6:30 AM - Saturday Rides

Start: Mooloolaba, River Esplanade/Foote St
20km Ride Contact: Robyn Vardy
25km Ride Contact: Pauline Forster
30km Ride Contact: Chris Nagle
33km Ride Contact: John Hawkins

UBD80 D3
0403 704 986
07 5456 1804
0412 781 704
0418 140 383

Sun 9th Feb 6:00 AM - Sunday Ride

Start: Nambour, Quota Park
Desc: South to Forest Glen, Diddillibah, Bli Bli, Yandina, Nambour.
Rating: 42km H2 **Contact:** Grant Alexander

UBD56 E17
0458 929 961

Sat 15th Feb 6:00 AM - Saturday Rides

Start: Buderim, Cricket Grounds (Syd Lingard)
34km Ride Contact: Jackie Miller
35km Ride Contact: Caitriona Conway
40km Ride Contact: Matthew Hawkins

UBD79 K1
0416 195 343
0487 463 533
07 5443 1211

Sat 15th Feb 6:30 AM - Saturday Rides

Start: Buderim, Cricket Grounds (Syd Lingard)
20km Ride Contact: Robyn Vardy
25km Ride Contact: Dennis McDonald
30km Ride Contact: Garry McMahon
33km Ride Contact: Phil Pratt

UBD79 K1
0403 704 986
0421 992 339
0431 910 346
0439 079 715

Sun 16th Feb 7:30 AM - Sunrise Surprise

Start: Sunrise Beach Carpark
Desc: Cycle Noosa and beyond. Mostly easy cycling around the tourist strip. Geared at a pace around 17-18km per hour, suitable for many in the Saturday 25km or 30km group. Coffee at the Lazy River Coffee shop on corner of Gympie Terrace and James Street. Approx. distance 30km.

The Easy 30km
Rating: 30km H1 **Contact:** Ian Jope

UBD19 R5
0412 675 119

Sat 22nd Feb 6:00 AM - Saturday Rides

Start: Mudjimba, Cottonwood St/Esplanade
34km Ride Contact: Paul Glass
35km Ride Contact: Peter McMillan
40km Ride Contact: Andy Cowley

UBD59 M12
0414 297 612
0402 013 013
0435 266 465

Sat 22nd Feb 6:30 AM - Saturday Rides

Start: Mudjimba, Cottonwood St/Esplanade
20km Ride Contact: Robyn Vardy
25km Ride Contact: Marilen Gibson
30km Ride Contact: David Greenhalgh
33km Ride Contact: Ross Sheppard

UBD59 M12
0403 704 986
0408 743 205
0407 730 165
0414 595 616

Sun 23rd Feb 0:00 AM - Beat the Heat loop 5

Start: Maroochydore, Cod Hole (Opp. 325 Bradman)
Desc: Cod Hole, Bli Bli, Yandina, Nambour, Petrie Creek Road, Paynters Creek Road, Cod Hole and Coffee at end of ride.
Rating: 40km H2.5 **Contact:** John Pearson

UBD68 M4
0466 970 179

Sat 29th Feb 6:00 AM - Saturday Rides

Start: Currimundi, Tumbledown Park
34km Ride Contact: Jim Baronowski
35km Ride Contact: Bob Mitchell
40km Ride Contact:

UBD100 C2
07 5491 8742
0415 889 353

Sat 29th Feb 6:30 AM - Saturday Rides

Start: Currimundi, Tumbledown Park
20km Ride Contact: Robyn Vardy
25km Ride Contact: Don Smith
30km Ride Contact: Graham Sayer
33km Ride Contact: Phil Pratt

UBD100 C2
0403 704 986
0416 072 920
0417 712 979
0439 079 715

Note:

1. If you cannot lead a ride, please find a replacement leader.
2. If you cannot find a replacement leader, contact your ride group co-ordinator.
3. **Ride leaders use club ride sign-on sheet on our website.**
4. Without ride leaders we could not operate the club rides. Please put your hand up and volunteer to lead a ride. See your ride group co-ordinator if you can lead a ride or register on the website.
5. If you are unsure as a ride leader you can share the role as we have many experienced members willing to help you.

Weekday Rides

These rides are not club rides, but members participate. Times and locations may change, so call for latest details.

Current Starting points are:

Monday – La Balsa Park – Robyn Vardy – 0403 704 986
Tuesday – Kawana Surf Club – Karen Nielson – 0411 031 634
Wednesday – La Balsa Park – Robyn Vardy – 0403 704 986
Thursday – Fishermans Rd – Andrew Kirton – 0417 759 984
Friday – Fishermans Rd – Robyn Vardy – 0403 704 986
Friday – Cod Hole – Paul Glass – 0414 297 612



SCBTC RIDE CALENDAR Summer 2019-2020

Social cycling since 1994

Committee

President	Michael Jacobsen	0422 787 948
Vice President	Jackie Miller	0416 195 343
Secretary	Helen Gavigan	0409 625 889
Treasurer	Paul Glass	0414 297 612
Ride Calendar Editor	Lorraine Stocker	0407 273 805

Mail P O Box 5313, Maroochydore South Q 4558
Web www.scbtc.org.au

If you are unsure of your ability to keep up on a proposed ride, please call the relevant ride leader.

Membership

1. Non-members can attend up to two rides before joining.
2. Membership application form is available from the Website or committee member.
3. Annual membership is \$24 for all adults over 18 years – plus once-off joining fee of \$15.
4. Bicycle Queensland membership is highly recommended and has many benefits, including insurance for non-club rides.

Safety on Rides

1. Select a ride that suits your ability.
2. Comply with road rules and be courteous to all road users. See: http://www.scbtc.org.au/Cycling_info_bicycle_safety.html
3. Bring pump, spare tube, tyre levers, tools, water, first-aid kit and mobile phone.
4. Children under 18 must be accompanied by an adult.
5. If wet weather, contact ride leader for update.

Check websites for updates and GPS co-ordinates