

Riding



Club rides

Randwick Cycling club rides roll every day except on Monday.

Strava segments linked

If you have any questions about the rides, please contact rides@randwickcc.com.au All scheduled rides are available on the [Randwick TeamApp](#) (that is accessible to members only). Members are strongly encouraged to register for rides using the [Randwick TeamApp](#).

Day	Ride	Start time & location	Post ride coffee
Monday	Rest day	-	-
Tuesday	Eastern Suburbs Hills Medium to hard ~30km 600m elevation No drop ride^	5.50am steady group departs from Randwick gates* 6am faster group departs from Randwick gates*	Cook & Baker 37 Oxford Street Bondi Junction
Wednesday	Reverse Snakepit Medium ~45km 200m elevation Firm pace on break wall No drop ride^	6am from Randwick gates	Gusto Espresso Bar Frenchmans Road Randwick
Thursday	Hour of Power (HOP) Medium to hard ~35km 300m elevation Rolling paceline Anzac Pde (northbound)	5.50am steady group departs from Randwick gates* 6am faster group departs from Randwick gates*	22 Grams Espresso 166-168 Belmore Road Randwick
Friday	La Perouse Coffee Ride Easy ~32km 180m elevation No drop ride^	6am from Randwick gates*. This ride is ideal for cyclists who are new to bunch riding and want to try out a group ride with us	Spruce Goose Near Duck Ponds Centennial Park
Saturday	Kellogg's Easy to steady ~38km 427m elevation	7am from Randwick gates*	22 Grams Espresso 166-168 Belmore Road Randwick
	Randwick racing at Heffron Park	1pm Juniors from 2.25pm Seniors	Heffron Park Robey Street, Maroubra
	First of the month Route will vary each month	5.50am steady group departs from Hyde Park# 6am faster group departs from Hyde Park#	At the discretion of the Ride Captain



Sunday	<u>Waterfall</u> Medium to hard ~90km 808m elevation Rolling pace line (Waterfall to Sutherland northbound)	6.15am steady group departs from Randwick gates* (members only, 3rd Sunday of the month only) 6.30am faster group departs from Randwick gates*	Spruce Goose Near Duck Ponds Centennial Park
	<u>Cronulla</u> Easy ~70km 500m elevation No drop ride^	7am from Randwick gates* (not on 1st or 3rd Sunday of the month)	
	<u>Cape Solander</u> Easy ~80km 300m elevation No drop ride^	7am from Randwick gates* (1st Sunday of the month only)	
Femmes' rides	Anna's Skillz An intimate skill session; all femmes welcome, \$10	1 st Monday of the month 6am from Randwick gates*	Spruce Goose Near Duck Ponds Centennial Park
	Leeza's Hillz Randwick femme members only, an abbreviated Eastern Suburbs hills route	2 nd Tuesday of the month 5:50am from Randwick gates*	
	Fi's Chillz All femmes welcome for a no drop easy ride; route will vary	3 rd Friday of the month [‡] 6am at Randwick gates*	

* Randwick Gates - see map next page

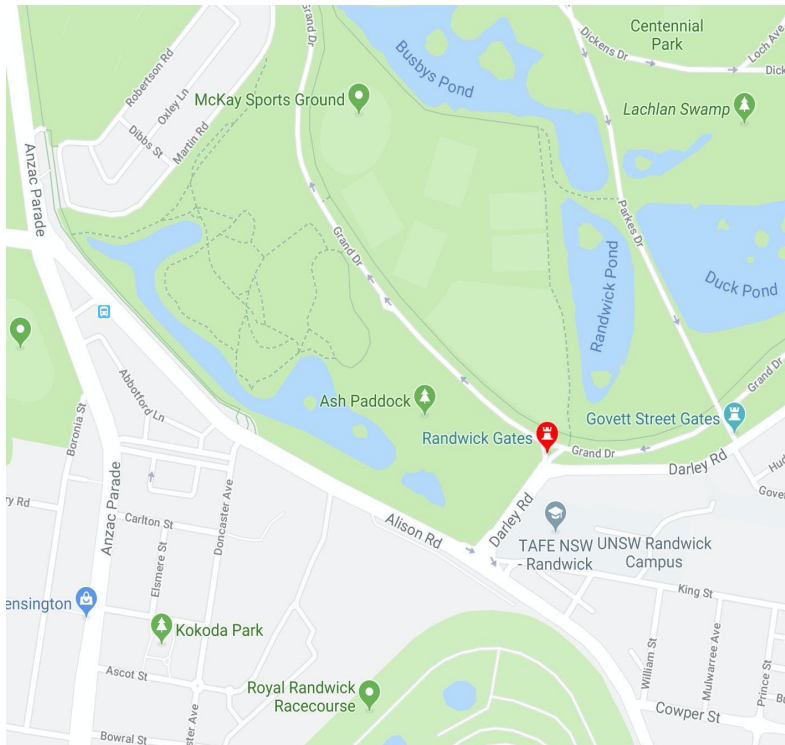
Hyde Park - see map next page

^ No drop ride = stronger riders will wait at agreed meeting points for slower riders. Slower riders will be supported with a 'buddy'.

‡ Sometimes Fi's Chillz may occur on the 4th Friday of the month. The ride will always occur on the Friday in the week following Leeza's Hillz.

Randwick gates

We meet at the Randwick gates, Centennial Park, for the majority of our Club rides.



Hyde Park

For the majority of our rides that head north, they will depart from Hyde Park, at the corner of College and Park Streets.



Riding



Other rides

Ad-hoc rides will be communicated on a week-to-week basis via the [Randwick TeamApp](#).

Should club members wish to create an *ad-hoc* ride, please contact rides@randwickcc.com.au so that it can be communicated through the Club communication channels.

For example, the club often rides to [Akuna Bay](#) on the first Saturday of each month, to [Kurnell / Cape Solander](#) on the first Sunday of each month, and the Three Gorges on long weekends; with other rides including Palm Beach, Royal National Park, West Head, Ettalong, and Brooklyn/Mt White.

Unauthorised training rides

If you intend to train on unauthorised rides, please ensure that you have adequate personal insurance in place in case of an accident.

#ridebetterwithrandwick
@randwickcycling