

Day	Intensity Rating	Approx Average Speed	Start Point	Course	Distance	Start Time	Notes
Monday	Medium road bike; Med/hard on MTB; Constant pace.	30 - 32 kph	Cable Beach Carpark	Town via Roebuck; Mangrove Hill; Guy St; Port; Race Course; Zoo Café.	30km	0600	There is a short stop at the Port to regroup. Coffee at Zoo Café an option.
Tuesday	Med/Hard Road Bike with some faster sections.	34 - 36 kph with sections 40kph plus	BRAC Carpark	Town via Fredrick St; Mangrove Hill; Guy St; Clementson St; Port; Race Course; Cable Beach Carpark; Lulfitz; Sunset Park.	40km	0600	Dropped riders can turn early on the Port leg, the Race Course leg and the Lulfitz leg.
Wednesday	Medium road bike; Med/hard on MTB; Constant pace.	30 - 32 kph	Cable Beach Carpark	Town via Roebuck; Guy St; Port; Race Course; Zoo Café.	30km	0600	There is a short stop at the Port to regroup. Coffee at Zoo Café an option.
Thursday	Med/Hard Road Bike with some faster sections.	34 - 36 kph with sections 40kph plus	BRAC Carpark	Town via Fredrick St; Mangrove Hill; Guy St; Clementson St; Port; Race Course; Cable Beach Carpark; Lulfitz; Sunset Park.	40km	0600	Dropped riders can turn early on the Port leg, the Race Course leg and the Lulfitz leg.
Friday	Medium road bike; Med/hard on MTB; Constant pace.	30 - 32 kph	Cable Beach Carpark	Town via Roebuck; Guy St; Port; Race Course; Zoo Café.	30km	0600	There is a short stop at the Port to regroup. Coffee at Zoo Café an option.
Saturday	Steady Start with a gradual increasing intensity.	33 - 36 kph - high 30's average on the return trip.	Front of Bike Shop	Broome Highway - out and back. Coffee in Town.	60km	0600	First 10km is steady to keep all riders together; Riders/groups can turn early to suit time and fitness limits. Coffee in Town - approx 0730.
Sunday							Sunday rides are often discussed and organised during Saturday morning coffee.

Safety Notes: All riders must be wearing an approved bicycle helmet. For the safety of all riders in the group - all bikes must be a well maintained and in a roadworthy condition (check with the bike shop if unsure). Water must be carried. All riders are expected to carry a spare tube, inflation device/pump and tyre levers.