



Albany Over 50s Cycle Group



RIDE CALENDAR Jan - June 2020

About Us. We are a friendly group of recreational cyclists with a wide range of skill and experience. We have about 36 active riders – both men and women.

New riders or visitors to town are welcome to join us. It's a great way to meet other riders, and to explore the back roads of Albany.

Weekly Road Ride –Wednesday

We ride every Wednesday morning regardless of the weather. Most rides are 40–55 km. Some rides have a shorter or longer option.

Most rides **begin around 9.00am**. You should receive an email reminder each Monday. Please bring water, a spare inner tube and a snack for the mid-ride break. There is always a coffee stop at the conclusion or mid-ride. New riders please arrive by 8.40am for a meet and greet.

FOR MORE INFORMATION:

Mike Mitchell 0418 647 897
mpm.albany@gmail.com
Don Tomlinson 0427 366 040
goldenpark1@bigpond.com
Or [Facebook.com/albanyoverfiftiescyclists](https://www.facebook.com/albanyoverfiftiescyclists)

Group Riding. We usually have four riding groups depending on numbers of riders.

A 'Fast Enough' group sets off at 8.50am and average 20-22kph. A 'Moderate' group start at 9.00am and average 24-26kph. The 'Wannabes' at 9.05am average 26-30kph and a 'Fast' group at 9.10am and average 30-32kph.

We try to regroup at significant interchanges and on the crest of hills to ensure nobody is left behind. Groups may elect to take shorter routes to arrive at our destination together.

Ride Safety. The Ride Captain for the day appoints a leader for each group. Riders will be reminded about any narrow or busy sections – shown on Calendar - where single file close group riding is needed. A basic first aid kit is always carried by a ride committee member. A Safe Riding reminder for each month is shown on the Ride Calendar.

Sunday Rides & MTB rides

Our activities include some Sunday rides and MTB rides (usually Friday 8.30am). MTB rides are only confirmed by SMS after the main Wednesday ride – contact Mike Mitchell if you would like to be on the list.

Too far? Too fast?

Take the shortened route – eg Frenchy's option saves 16km and the Coraki option saves 22km. There are other great options for riding in Albany:

1.The Over 50s Easy Riders is ideal for people who prefer to ride a shorter distance (25–30kms) at a more leisurely pace (15-18kph). Contact Shawn Mullally on 0429 453 085.

2.The Belles – predominantly for female riders – contact Di Pooley 9841 7765

3.Easy Pace Riders 'the easiest riding group' ride about 20km. Contact Judy 9842 9336.

The **Albany Cycle Club** website (albanycycleclub.com.au) has more information about us and other cycling options in Albany

Fees

Fees are paid directly to the Albany Over 50s Recreational Association. A Joining Fee \$15 (after 3 rides) for the first year and then \$10 each year. Please pay by May 31 to Albany Region Over 50s Recreation Assoc., P.O. Box 5097 Albany WA 6331.

Ride Calendar

Our rides for the half-year are shown on the attached Ride Calendar.

KEY: CPR = CHESTER PASS ROAD
LDR = LOWER DENMARK ROAD
SCH = SOUTH COAST HIGHWAY
FBR = FRENCHMAN BAY ROAD
AHY = ALBANY HIGHWAY
PRD = PRINCESS ROYAL DR

LKR = LOWER KING ROAD Please observe close riding in single file on the rising section of **LKR*** past Allambie Park to Elizabeth Street.

Date	Meet at	Ride Description	Distance / Coffee
JANUARY 2019 - 'Share the Road' – Water, food, spare tube, pump, mobile phone, first aid kit			
Jan 1	Due South Car Park 7.30	Whalers Cove Early Morning Ride!! Festing, FBR, Robinson, Home, Bramwell, FBR, Quararup Rd (Gate), Whalers Cove (snack) and return via Torndirrup, O'Connell, Opal, Symers, FBR	47km Coffee - HazBeans (BYO mug!)
Jan 8	Due South Car Park 8.30 Emu Point 9.00	King River Ride PRD, Bolt Tce, Marine Drive, Golf Links, Emu Point (pick up) Zigzag, LKR, Bayonet Head Lookout via Allwood Pde and Banool, Elizabeth, Coraki, Prideaux, Bon Accord, Norwood, LKR. Golf Links, Marine Drive.	50km Coffee - Due South
Jan 15	Frenchy's 8.30	Cosy Corner Ride Via Robinson, Grasmere, LDR, Cosy Cnr Rd to beach, The Cape Bar Store Café. & return.	56km Coffee - The Cape Bar Store Café.
Jan 22	Eyre Park 8.30	The Gap Ride Marine Drive, Festing, FBR, Yacht Club, FBR, Symers, Opal, O'Connell, Torndirrup, FBR, The Gap. Return via Festing and Marine Drive.	46km Coffee - Bay Merchants
Jan 29	Coraki Park 8.30	Nanarup and Two Peoples Bay Ride Coraki, Nanarup Rd to beach and return, TPB Rd to beach and return via Nippers.	60km Coffee - Nippers
FEBRUARY 2019 - 'Share the Road' - Use both hand signals and verbal communication			
Feb 5	Hollings Rd Carpark, Denmark 9.00	Ride Round Denmark SCH, Denmark-Mt Barker Rd, Churchill, Mt Lindesay, Scotsdale, Alpaca Farm (snack) Scotsdale return	50km Coffee - Denmark Bakery
Feb 12	Eyre Park 9.00 Frenchy's 9.15	Whaling Station with Stony Hill Challenge Marine Drive, Festing, FBR, Yacht Club, FBR, Stony Hill (optional), FBR Whaleworld. Return via Goode Beach loop, Quararup, FBR and yacht club.	48km or 32km Coffee – Whalers Galley
Feb 19	Eyre Park 9.00	Gull Rock Road Ride Golf Links, Zigzag, LKR, Elizabeth, LKR, Nanarup Rd, Gull Rock Rd, Swan Point, Walford, Henty, Gull Rock Rd return via Mead Rd loop.	46km Coffee - Bay Merchants
Sunday Feb 23	5.30pm. Limeburners Road Little Grove	BBQ @ Ian and Wendy's – BYO Meat & drink. <i>Sweet or salad to share.</i>	Enjoy!
Feb 26	Eyre Park 9.00 Frenchy's 9.15	Mutton Bird Ride Marine Drive, Festing, PRD, FBR, Robinson, Roberts, Racecourse, Black Stump, LDR, Grasmere Loop, Mutton Bird to Lookout. Return via Elleker LDR, Robinson FBR, Marine	51km or 35km Coffee - Bay Merchants
MARCH 2019 - 'Share the Road' – Groups stay together, correct ride formation and practise lead rotation			
Mar 4	Eyre Park 9.00	Fairly Long Ride Golf Links, Zigzag, LKR, Prideaux, Bon Accord, CPR, Willyung, Rocky Xing, Menang, AHY, Link, Oranje Tractor (Snack) Link, George, LDR, Robinson, Roberts, Home, Bramwell, FBR, Marine Drive	54km Coffee - Bay Merchants
Mar 11	Redmond Store 9.00	Redmond Hay River Ride (2 or 3 loops) Redmond Hay River Rd to AHY and back. Redmond St to gravel and return, Redmond West Rd to gravel return	48km or 36km Coffee - Mount Romance
Mar 18	Eyre Park 9.00	The Three Loops Ride Golf Links – Emu Point & return. Marine Drive, Festing, PRD, FBR, Yacht Club & return via Torndirrup, O'Connell, Opal, Symers, Bay View Dr, FBR. Bramwell, Roberts, Racecourse, Robinson LDR & return. FBR, PRD, Marine	52km Coffee - Bay Merchants
Mar 25	Youngs Siding 9.00	Tony's Ride LDR, Eden Rd, Nullaki Dr, Boat Ramp, Anvil Beach lookout and return.	42km Coffee – The Cape Bar Store Café.

Date	Meet at	Ride Description	Distance / Coffee
APRIL 2019 - 'Share the Road' – No more than two abreast. Single file on fast and busy sections			
April 1	Eyre Park 9.00 Frenchy's 9.15	Whalers Cove & Whaling Station Ride Marine Dr, Festing, FBR, Bay View, Yacht Club, FBR, Quarunup Rd to gate, Whalers Cove (regroup), Shoal Bay Retreat, Goode Beach, FBR, Whale World, return via FBR & Bay View Drive.	58km or 42km Coffee – Whalers Galley
Apr 2 - 7	Cape View Beach Resort or Amblin Holiday Park.	Busselton Camp – It's On Again! 5 days of cycling, staying at new venue Cape View Beach Resort or Caravan Park.	Road & MTB ride options.
Apr 8	Eyre Park 9.00 Coraki Park 9.30	Nanarup Ride Golf Links, Zigzag, LKR, Coraki, Nanarup Rd, Nippers on Two Peoples Road and return Nanarup Rd & LKR.	58km or 36km Coffee - Nippers
Apr 9	Committee Mtg 3.30	Review Ride Calendar for July-Dec 2019	Don Tomlinson
Apr 15	Eyre Park 9.00	Windfarm / Yacht Club / Robinson Ride. Marine Dr, Festing, PRD, FBR, Yacht Club, Torndirrup loop, FBR, Princess Ave, Wind Farm lookout. Return via FBR, Bramwell, Home, Roberts, Racecourse, Robinson, Marine Drive.	48km Coffee - Bay Merchants
Apr 22	The Piggery. CPR/Yellanup Rd 9.00	Yellanup Rd Ride Yellanup Rd, Spencer Rd across AHY to Narrikup Store and return.	56km Coffee - Michael & Sandra
Apr 29	Eyre Park 9.00 Frenchy's 9.15	Elleker Ride Marine Drive, Festing, PRD, FBR, Robinson, LDR, Grasmere Loop, Elleker Hall. Return via Grasmere loop, LDR, Robinson FBR, Marine Drive	54km or 38km Coffee - Bay Merchants
MAY 2019 - 'Share the Road' – Stick with your Group. Nobody left behind			
May 6	Due South Car Park 9.00	3 Hills (Sparkplug, Windfarm, & Mt Clarence) York, Collie, Serpentine, Melville and up to the Spark Plug. Serpentine, Parade, Grey St West, PRD, FBR, Princess, Windfarm, FBR, Festing, Stirling, Marine, Apex, Mt Clarence – Padre White Lookout. Return via Apex, Marine, Bolt Terr, PRD	35km Coffee - HazBeans BYO Mugs!
May 13	Eyre Park 9.00	Hunton Road Ride Golf Links, Zigzag, LKR, Elizabeth, Esplanade, LKR, Coraki, Nanarup Rd, Hunton Rd (nearly to the end) to Don's place and return.	46km Coffee - Don's place
May 20	Frenchy's 9.00	Albany Anticlockwise FBR, Festing, Marine, Golf Links, Zigzag, LKR, Norwood, CPR, Willyung, Rocky Xing, Menang, AHY, Link, Oranje Tractor (Snack). Return via Link, George, LDR, Robinson, Racecourse, Roberts, Home, Bramwell, FBR.	45km Coffee - Great Southern Distillery
May 24 Sunday	Maleeya's Thai Cafe. 9.00	MTB Loop of the Porongurups Porongorup Rd, CPR, Millinup, Woodlands, Angwin Park, Bolganup, Porongorup Rd.	42km Lunch @ Maleeya's Thai Cafe
May 27	Eyre Park 9.00 Frenchy's 9.15	Goode Beach Ride Marine Drive, Festing, PRD, FBR, Bay View, Yacht Club, FBR, Symers, Opal, O'Connell, Torndirrup, FBR, Quarunup, Shoal Bay Retreat, Goode Beach. Return via FBR & Bay View.	46km or 28km Coffee - Bay Merchants
JUNE 2019 - 'Share the Road' - Be predictable and always indicate your intentions			
Jun 3	Young's Siding Store 9.00	Tony's Ride via LDR, Eden Rd, Boat Ramp (on way out), Anvil Beach and return.	42km Coffee - The Cape Bar Store Café.
June 10	Eyre Park 8.30 Coraki Park 9.00	Millbrook Rd Ride Golf Links, Zigzag, LKR, Prideaux, Bon Accord, CPR, Millbrook and return via Norwood, LKR back to Coraki or LKR, Golf Links and Eyre Park.	68 or 46km Coffee - Bay Merchants
Jun 17	Eyre Park 8.30 Coraki Park 9.00	Two Peoples Bay Ride Golf Links, Zigzag, LKR, Coraki. Nanarup Rd, TPB Rd and return	68km or 46km Coffee - Nippers
Jun 24	Due South car park 9.00	Quaranup Ride PRD, Bolt Tce, Marine Drive, Forts Drive first roundabout, Festing, FBR, Robinson, Home, Bramwell, FBR, Quarunup Rd to gate, Whalers Cove (snack) and return.	49km Coffee - Due South