

2018 TCBR Training Rides

All training rides start at 6:00am from BNG Sports, 36 - 48 Kings Road HYDE PARK QLD 4812.

Please ensure you have a backup plan in the event you breakdown (phone a friend). Please ensure you come with adequate drinks and food to sustain the length of ride. You can discuss with the Rider Trainer if you're unsure.

Group Leaders are to organise training rides on the weekends allocated. Please contact your allocated Group Leader for further details, or email training@tcb.org.au for contact information.

Date	Route	Distance	Estimated Finishing Time	Leader
Sat 17 Mar	Ross River Rd, Boundary St, Archer St, Mcllwraith St, Strand	25km	8:00am	Rod Knight
Sat 24 Mar	Ross River Rd, Riverway Dr, Dam	35km	8:30am	Rod Knight
Sat 31 March	Charters Towers Rd, City, Bundock St, Pallarenda, Strand, Casino, Palmer St, Boundary St, Charters Towers Rd	40km	8:30am	Rod Knight
7/8 April	Compulsory Group Ride Weekend			Group Leader
Sat 14 April	City Loop: Charters Towers Rd, Bowen Rd, Oonoonba Rd, Lakeside Rd, Abbott St, Railway Ave, Flinders St, Strand, Pallarenda, Bundock St, Woolcock St, Mather St, Banfield Dr, Dalrymple Rd, Bamford La, Ross River Road	45km	9:00am	Rod Knight
Sat 21 April	Oak Valley: Charters Towers Rd, Bowen Rd, Stuart Dr, return via Port Rd, Boundary Rd	50km	9:30am	Rod Knight
28 / 29 April	Compulsory Group Ride Weekend			Group Leader
Sat 05 May	Riverside/Dam/Uni: Charters Towers Rd, Ross River Rd, Angus Smith Dr, across river to Riverway Dr, dam, Kelso Loop returning to bridge, Uni loop x2	50km	10:00am	Rod Knight
Sat 12 May	Riverside Ridge (hills!): Charters Towers Rd, Ross River Rd, Nathan St, Angus Smith Dr, Freshwater Dr, Riverside Ridge, Angus Smith Dr, Uni loop	50km	9:30am	Rod Knight
Sat 19 May	Castle Hill: Charters Towers Rd, Boundary St, Port loop, Flinders St, Strand, Gregory St, Castle Hill	60km	9:00am	Rod Knight
26 /27 May	Compulsory Group Ride Weekend			Group Leader

Sat 02 June	City Loop (long): Charters Towers Rd, Bowen Rd, Ooononba Rd, Lakeside Rd, Abbott St, Railway Ave, Flinders St, Strand, Pallarenda, Bundock St, Ingham Rd, Shaw Rd, Dalrymple Rd, Golf Links Dr, Hervey Range Rd, Ross River Rd	70km	10:30am	Rod Knight
Sat 09 June	Black River Triangle: Charters Towers RD, Woolcock St, North Shore Blvd, Mt Low Pkwy, Ingham Rd, Black River Rd, Hervey's Range Rd, Ross River Rd	70km	10:30	Rod Knight
16 /17 June	Compulsory Group Ride Weekend			Group Leader
Sat 23 June	Dam/Uni Loop: Charters Towers Rd, Ross River Rd, Riverway Dr, Dam, Kelso Dr, Riverside Gardens, Uni Loops (x5), University Rd, Bowen Rd	70km	9:30am	Rod Knight
Sat 30 June	Castle Hill, Town Hills, Pallarenda: Charters Towers Rd, Boundary St, Port Loop, Denham St, Eyre St, Gregory St, Castle Hill, Stanley St, Sturt St, Flinders St, Melton Tce, Cleveland Tce, Denham St, Walker St, Stanley St, Gregory St, Strand, Pallarenda, Bundock St, Hugh St, Ross River Rd	80km	9:30am	Rod Knight
Sat 07 July	Giru Loop: Giru, Majors Creek, Woodstock	100km+	11:30am	Rod Knight
14 / 15 July	Compulsory Group Ride Weekend			Group Leader