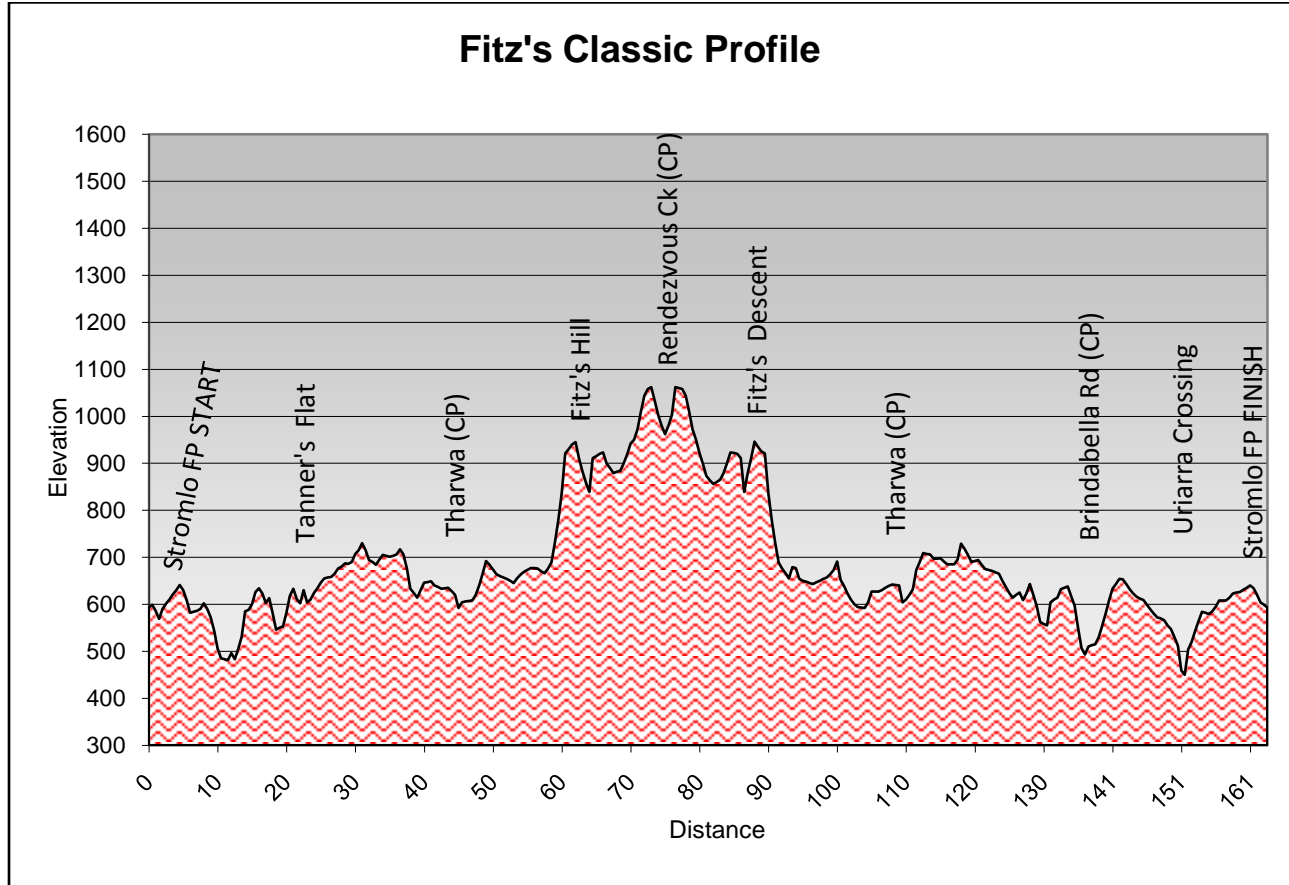


FITZ'S CHALLENGE 2007 RIDE DETAILS



Fitz's Classic (165 km) - Stromlo Forest Park to Rendezvous Ck and returning via Mt McDonald and Uriarra Crossing

	Leg	Distance	Cum. Distance (kms)	Comments
1	Stromlo – Tanner's Flat	24.5	24.5	Water & snacks available at Tanner's Flat. This leg includes a steep descent into the Cotter and a step climb out; and similarly, steep hills into and out of Murray's Corner.
2	Tanner's Flat - Tharwa	21.7	46.2	Tharwa is a checkpoint – water & snacks available
3	Tharwa – Rendezvous CK	29.7	75.9	This leg includes the Fitz's Hill climb. Rendezvous Ck is a turnaround and checkpoint – water and snacks available
4	Rendezvous Ck - Tharwa	29.7	105.6	Retrace your path to Tharwa. Beware the dangerous Fitz's descent. Water and snacks available at Tharwa
5	Tharwa – Brindabella Rd.	33.4	139.0	Continue to retrace your path North. Pass through the Cotter Reserve and take the Brindabella Rd turn-off for the Mt McDonald climb. Checkpoint here with water and snacks
6	Brindabella RD – Stromlo FP (finish)	26.1	165.1	After the Mt McDonald climb, turn right at Uriarra Rd, pass through Uriarra Crossing (taking care with the steep descent and right turn to the Crossing) and continue to the finish at Stromlo Forest Park