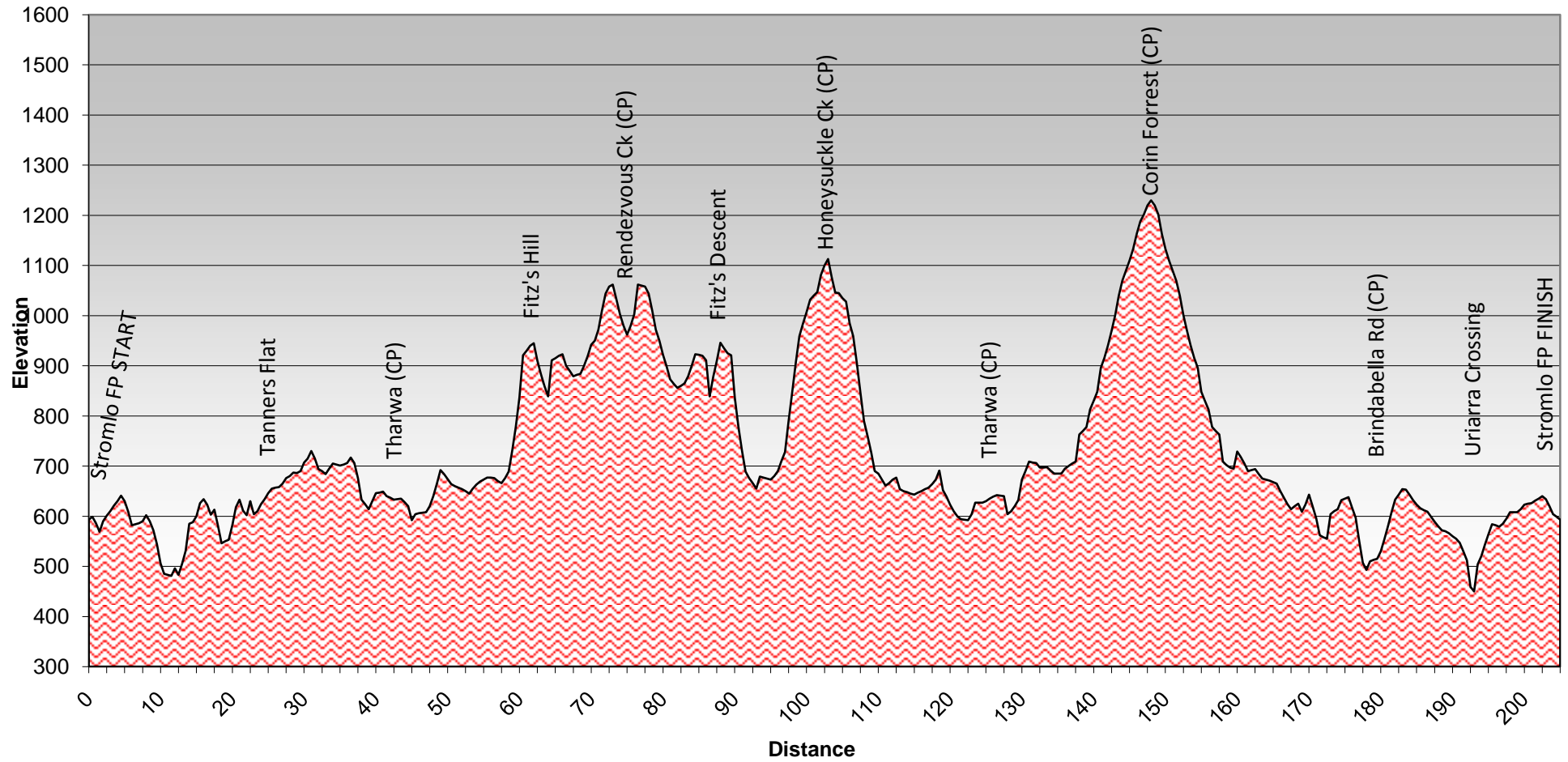


FITZ'S CHALLENGE 2007 RIDE DETAILS

Fitz's Epic Profile



Fitz's Epic (207 km) – Stromlo Forest Park to Rendezvous Ck, returning via Honeysuckle Ck, Corin Forrest, Mt McDonald and Uriarra Crossing

	Leg	Distance	Cum. Distance (kms)	Comments
1	Stromlo to 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 to Tharwa	21.7	46.2	Tharwa is a checkpoint – water & snacks available
3	Tharwa to 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 to Apollo Rd	19.2	94.9	Retrace path back to turn right into Apollo Rd for the Honeysuckle Ck climb.
5	Honeysuckle Ck climb and descent	18.3	113.2	Steep climb and descent. Checkpoint and water and snacks available at the top
6	Apollo Rd to Corin Dam Rd	24.2	137.4	After the Honeysuckle descent, pass through Tharwa checkpoint to the Corin turn-off (to the left). Water and snacks available at Tharwa
7	Corin Forest climb and descent	23.6	161	Steady climb to turnaround near Smokers Trail turn off at the top of the climb. Checkpoint and water and snacks are available at the top. Retrace your path back to Tidbinbilla Rd.
8	Corin turn-off to Brindabella Rd	20.2	181.2	Continue to retrace your path North. Pass through Cotter Reserve and take Brindabella Rd turn-off for Mt McDonald climb. Checkpoint here with water and snacks
9	Brindabella Rd to Stromlo FP (Finish)	26.1	207.3	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.