**Sunday CRT Hills Rides**

To help people out whom join in on the Sunday CRT hills rides the following information has been put together.

Organised on a WEEKLY via Face Book - go to:

[**http://www.facebook.com/pages/Chain-Reaction-Training-CRT/278248238852431**](http://www.facebook.com/pages/Chain-Reaction-Training-CRT/278248238852431)

Distances range from 80 to 130klms

**Important Ride Information:**

CRT Sunday Hills rides are organised as informal training rides by CRT. The more experienced riders who attend these rides endeavour at all times to keep the group together and provide support and directions to slower/struggling riders. This is out of their good nature and is not their responsibility or liability.

Not all riders that congregate outside Cafe Cafe are CRT riders or doing the CRT Hills ride, so you need to be sure which group you head out with and make sure you have a "ride buddy".

Be aware that these rides do go to areas with limited mobile phone reception so your phone should not be relied upon.

Each rider is responsible for their own health and well-being on these rides and CRT suggests the following:

Rider should carry at least one spare tube, pump (or gas) and a puncture repair kit. If another rider loans you a spare tube/gas cylinder then you pay them back with the same items ASAP.

As these rides are over 80klms please bring 2 full water bottles with some form of electrolyte mix. Water stops are always planned but this may not cover individual needs.

Ensure you are aware of your nutrition requirements and carry sufficient food for the distance.

At the start of the ride find a "ride buddy" who will ensure you are not left behind or will support you if you get into trouble, and always let someone know if you have to stop for any reason (make sure they hear you!! and take the appropriate action)

Finally, if you have any questions on these rides then make sure you speak up early!! Before the group departs from Cafe Cafe.

Below are links to 3 hills shorter training rides that have kindly been put together by Grant Lorje.

Pictures, maps and directions for your use and information.

[JOHN FORREST NATIONAL PARK](http://crtwa.com.au/wp-content/uploads/2009/01/JOHN-FORREST-NATIONAL-PARK.pdf)

[PERTH TO THE HILLS](http://crtwa.com.au/wp-content/uploads/2009/01/PERTH-TO-THE-HILLS.pdf)

[TWO DAMS](http://crtwa.com.au/wp-content/uploads/2009/01/TWO-DAMS.pdf)