

INFORMATION OFFROAD 2018

Last updated 26/9/2018

SATURDAY START

The meeting point is in the Kelmscott Plaza car park at the corner of Albany Highway and Denny Ave. Please arrive by 7am on Saturday September 29 to allow time to pack bikes & luggage. The bus will depart promptly at 7:30am.

Please tell Jenny beforehand if you are catching the train so that, should you need someone to help you move your luggage and your bike from the Kelmscott station to the car park, we can meet you with a vehicle. There is no restriction taking bikes on the train on Saturday.

There will be covered trailers to carry bikes. We will have cardboard for packing. Please ensure you can loosen your pedals beforehand for removal as this makes packing easier and reduces the chance of scratching other bikes. We will have the appropriate tools. (You must take your pedals on the bus with you). Luggage will be carried in the bus each day but the bus will only be opened to load luggage in the mornings and unload upon arrival at camp sites.

Take everything you need for the day with you on the bus from Kelmscott, ie helmet, gloves, camelback, pedals, etc as once we have loaded bags on the bus they will not be accessible until that night's camp at Ayr Sailean.

On the bus there will be a footy tipping competition. Bring money if you wish to participate. Bring your team colours too!!

We will arrive at the Tree Top Walk around lunch time. After lunch there will be time to explore the Tree Top Walk and Ancient Empire (included in your nomination).

TUESDAY FINISH

The coach is expected to return to Kelmscott Plaza by 7:30pm on Tuesday 2 October.

ACCOMMODATION

Day 1: Ayr Sailean camping ground – your tent or swag

Day 2: Denmark Recreation Centre – in **Football Clubrooms** or tent

Day 3: Torbay Hall – tent or in hall if raining (limited space)

WHAT TO BRING

- Previous OffRoad riders please bring your blue vest – clean and named - for this year's stitching on the back. You can wear it in the evenings if you keep it clean.
- Your own tent (or share with a friend)
- Sleeping bag/bedding, pillow (or swag), inflatable mattress (please no large foam mattresses)
- Warm pyjamas
- Bike, helmet, gloves, water bottle, riding shoes, spare tubes, pump, tools (remember to take these on the bus on Saturday morning)
- Small backpack to carry on the trail (take on the bus)
- 3 sets of riding clothes (in case of rain)
- 2 rainproof jackets (1 for riding, one for evenings)
- Bike chain and padlock for night
- Gel shots, etc if you wish
- Warm clothes, shoes and beanie for evenings
- Mozzie repellent, sunscreen (we will have plenty), lip balm
- Toiletries, towel, wet wipes
- Medications

- Camera
- Small amount of money
- Torch
- Plastic bags for wet clothes
- Chargers for all your gadgets
- A rain cover or plastic bag for your backpack?
- Please carry spare parts (see below)

GROUPS ON THE TRAIL

For daily details see Route and Registration OffRoad 2018

We will ride in groups of no more than 12, graded by speed/experience. Each group has a front and rear marshal. They will carry a small first aid kit. Support vehicles along the route will also have first aid kits. We will be using the marking system (for crossing roads, at points of uncertainty, etc) that we have been using on our practice rides.

Support crew from the Toyota Land Cruiser Club of WA will be stationed along the route each day at checkpoints and meal stops. They are there to ensure your safety and comfort, but do not have room for anyone besides injured riders.

We emphasise that mountain bikes with knobbly tyres are essential and hybrids are not suitable. Please also remember that we do not want any rubbish left in the bush, whether it be paper, apple cores or banana skins. Please carry it all out with you.

Distances each day

Intermediate distances

Day	morning tea	lunch	afternoon tea	total
1	own Donnybrook	At TTW	28	28km
2	15	15	18	48km
3	own Denmark	27	22 (+9+5 optional)	49+km
4	25 (Albany)	6	N/A	31km

WHICH GROUP SHOULD I JOIN?

You do need basic mountain bike skills and to have been training.

You choose your group at the start but can change groups at lunch or each day if necessary.

PRACTICE RIDES

See <http://www.lifecyclewa.com/practice-rides-2018/> for details. This is also an opportunity for you to gauge in which group you might ride.

SPARE PARTS

Please carry a spare tube; make sure size and valve type suit your bike. We recommend carrying a chain link suitable for your bike, a spare derailleur hanger - there are many types, so make sure it matches your bike – and a spare jockey wheel. We had 5 broken hangers and a broken chain in 2017. We will have some spare parts, including tyres, which can be purchased as needed. We cannot guarantee that all parts will be available as some parts are specific to your bike.

MERCHANDISE

New riders will be able to order their blue vest during the ride. Return riders must bring their vest for another row of stitching and will receive another article of merchandise depending on the number of rides they have completed.

Life Cycle jerseys will be available for sale during the event.

CATERING

All meals will be provided and some morning and afternoon teas. Top-up drinking water will be available from vehicles along the route. Some of the meals will be catered by local groups and you may be asked to help at some time with serving or washing up (this keeps our costs down). We hope you will thank the catering and support vehicle volunteers along the way, as their support is critical to our event.

FUNDRAISING

Please remember you need to have paid your \$200 minimum before the event. A Current Top Fundraisers list is posted on the website. Everyday Hero is in action, there is a sponsor sheet on the website and Jenny has Cadbury chocolates and collection tins, as well as a list of new release movie dates if you want to sell 20 tickets.

CanTeen has generously offered a free CanTeen cycle jersey (once only) for all riders who raise \$500 or more. These will be available during the event.

BEFORE THE RIDE

- Have you had your bike serviced?
- Make sure your pedals can be removed.
- Please remember you must pay your minimum \$200 fundraising before the event.
- Bank details for any fundraising:

Commonwealth Bank of Australia

BSB 066-112

Account number 10426467

Use your name or suitable label as the reference