

INFORMATION SHEET ONROAD 2019

Last updated 5/1/2019

20th YEAR of ONROAD

We are celebrating our 20th OnRoad event in 2019. As part of this, we will be including a **20th year cycle jersey and a commemorative book** in the nomination for riders, to be collected during the event. Crew will receive a t shirt and a commemorative book. Please check the sizing charts at the end of this document before registering.

If you are a past participant, we invite contributions of experiences, photos and other memories. We really want to include your stories in the commemorative book!!

On Saturday 19 January 2019, we will be holding a **celebratory function** at the Royal Perth Yacht Club from 5-9pm. Tickets are \$37.50 and can be purchased at

https://www.stickytickets.com.au/76243/life_cycle_for_canteen_20th_year_dinner.aspx

START POINT

Ashfield Reserve (corner Guildford Rd and Coulston St) – All Groups

Breakfast (cereal and fruit) will be served at Ashfield Reserve and there will be a coffee van (have small change on you). Yellow, Orange, Blue and Green riders please arrive by 6:30am. Riders will leave from 7:30am. Brown riders arrive by 7am for 8am departure. Check-in is essential at the marked table where you can also collect your name plate and hand in money, collection tins and silent auction items. Ensure that you pack your own luggage into the numbered Kennards trailers. Toilets are available.

ROUTE

See OnRoad menu for Strava maps for each leg

<http://www.lifecyclewa.com/bike-routes/>

DISTANCES

Approximate distances are:

	Sat			Sun			Mon		Total
	Leg 1	Leg 2	Leg 3	Leg 1	Leg 2	Leg 3	Leg 1	Leg 2	
Brown	38	44	56	63	47	44	46	66	404
Yellow	38	44	56	63	40	21	46	66	374
Orange	38	44	42	36	40	21	46	66	333
Blue	35	40	42	25	40	21	31	50	286
Green	21	40	42	25	40	21	31	50	272

FINISH POINT

Churchill Park, Adelaide St, Busselton.

Groups should arrive between 12:30 and 1:30pm

Departure time for the coaches is 3:30 - 4pm

Bike packing for return journey:

Bike packers will have tools to enable them to help you remove your pedals, which you will then pack in your luggage. Trailers and buses will be numbered and areas will be designated for you to leave your bike and luggage. You are encouraged to pad your bike yourself first. When all bikes are ready, Tint a Car riders will load bikes and then luggage. They will have cardboard packing to go between bikes. While all care will be taken, they will not be held responsible if something happens

to a bike. However, this system is much safer than having everyone trying to pack their own bike. Tint a Car riders will also unpack at Belmont Racecourse carpark.

PERTH DROP-OFF

Burswood Racecourse carpark will not be available in March. **The new drop off point will be at the bus bays at Optus Stadium.** The estimated time of arrival is 7-7:30pm.

RIDER GUIDELINES

Please read the rider guidelines on the website for safety, as well as consideration for others.

SPARE PARTS

We always take an assortment of spare tubes and tyres which are available from one vehicle at the start and end of each day's riding (not the start of day 1). If you use any stock, you need to pay for it. Please bring two spare tubes with you.

SILENT AUCTION AND BIDDING AUCTION

There will be a silent auction on Saturday night at Pinjarra. If you can provide any items, please let Jenny know beforehand (with a RRP).

On Sunday night there will be a bidding auction.

FUNDRAISING

CanTeen will generously recognise those fundraisers who raise \$500+ with a free CanTeen cycle jersey.

WHAT TO BRING

Sleeping bag, pillow, pyjamas

Mattress

Small tent or swag

Bike and helmet

2 spare tubes, tool kit

Suitable riding clothes and shoes

Drink bottle/s (escort cars will have plenty of water)

Sunscreen, lip cream, hat (we do have sunscreen in all escort vehicles)

Clothes and shoes for evening

Toiletries

Bath towel

Bathers and towel (for use on Saturday afternoon at Pinjarra, Sunday morning at Waroona and maybe Monday afternoon at Busselton). Include a named plastic bag for transporting these.

Money for snacks

Camera

Medication

Ear plugs to block out snoring

Insect repellent if you are susceptible

Chargers for your phone, bike computer, gear changers, etc

Your own hydrolytes/Gatorade powder, protein bars, etc if you wish



FAMILIARISATION RIDES

There will be 3 familiarisation rides. These are not compulsory but are valuable for meeting other riders, learning the conventions of riding in a peloton and deciding which group you may join during the event. We generally split into two groups, one going further and faster.

Saturday January 12 **Meet at the Narrows south end near the toilet block to depart at 8am. We will have two options of 30 and 45km, both meeting at Point Walter for coffee.**

Sunday February 3 **Meet at Shelley Beach on Riverton Drive, Shelley near the toilet block between Beatrice and Corbel Sts. For those new to riding in a peloton, Barry Walton will present a very helpful information session beforehand (this was well attended in 2018). This will start at 7:30am. If you heard this last year or are an experienced Life Cycle rider, arrive in time for an 8am departure. Route TBA.**

Saturday February 16 **Meet at Narrows south end for an 8am departure. Ride south on the freeway bike path, turn onto Roe Hwy path, then onto Tonkin Hwy paths and coffee at Tomato Lake (Oats St, Kewdale) before returning to the Narrows (or dispersing for home. Approx 50km with the option of a slightly shorter ride for the slower group.**

INCLUDED MERCHANDISE

Please consult the appropriate sizing chart to make your choice.

To choose your size, lay a t shirt or jersey that fits you on the floor and measure across the chest just below the armpits for Half Chest. Measure the full length at the back for Body Length.

T shirts **FOR CREW** – these are the same style as the black and blue ones from 2017, so most of you can just check what size you have there.

T Shirts	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Half chest	51	53.5	56	58.5	61	63.5	66	68.5	71
Body length	68	70	72	74	76	78	80	82	84

Jerseys **FOR RIDERS** – We have had samples made and I have measured them as follows:

Jerseys	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Half chest	No sample	49	51.5	55	57	59.5	62.5	66	No sample
Body length	but Is available	75	77	78.5	80	84.5	86	87	but Is available

Half chest is from seam to seam where side seam meets armpit

Body length is at back from top of collar to lowest point of waist band