

LIFE CYCLE 2 THE CAPES - OFFROAD 2019

INFORMATION

Last updated 8/9/2019

SATURDAY START – 5 October

Assemble at Kelmscott Plaza car park at the corner of Albany Highway and Denny Ave. Please arrive by 7am to allow time to register, pack bikes & luggage. The bus will depart promptly at 7:30am.

Please tell Jenny beforehand if you are catching the train and require assistance transporting your luggage to the assembly point so we can meet you at the station with a vehicle. Note: there are no restrictions taking bikes on the train on Saturday.

We will transport bikes in covered trailers and we will supply cardboard for packing. Please ensure your pedals are loosened beforehand so they can be removed for transportation. Removing pedals 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).

Take everything you need for the day with you on the bus, ie wear your cycling clothes and take helmet, gloves, camelback, pedals, etc. Once bags have been loaded, luggage will only be accessible upon arrival at the evening camp site. Saturday lunch will be at Jarrahdene and the ride will start from there.

MONDAY FINISH – 7 October

Showers will be available at the end of the ride at the Dunsborough Country Club.

The coach is expected to return to Kelmscott Plaza approximately 7:30pm. **No alcohol is to be taken on the coach.**

There will be a strict ½ hour stop on the way back to Perth.

ACCOMMODATION

Margaret River Venison Farm (both nights)

Facilities include 4 showers, 4 toilets, a small dormitory area, outside area for camping, inside area if it rains

CATERING

All meals will be provided and some morning and afternoon teas. You may be asked to help at some time with serving or washing up to assist the caterers. We hope you will thank the catering and support vehicle volunteers along the way, as their support is critical to our event. Top-up drinking water will be available from vehicles along the route.

FUNDRAISING

Please remember you must pay your \$200 minimum fundraising before the event. On registration a fundraising page will be automatically created for you. A Current Top Fundraisers list is posted on the website. There is a sponsor sheet available on the website and Jenny has Cadbury chocolates and collection tins.

CanTeen has generously offered a free CanTeen cycle jersey (once only) for riders who raise \$500 or more. **3** riders have already qualified.

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. Other articles of merchandise and Life Cycle jerseys will be available for sale during the event.

YOUR BIKE

We emphasise that mountain bikes with knobbly tyres are essential, hybrids are not suitable. Please make sure it has been serviced.

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 tubes and tyres, which can be purchased as needed. We cannot guarantee that all parts will be available as some parts are specific to your bike.



GROUPS ON THE TRAIL

For daily details see Route and Registration OffRoad 2019 on the website.

We will ride in groups of no more than 12, graded by speed/experience., each with a front and rear marshal who 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

Distances are the minimum for each day. On all days you can tackle additional trails

Saturday:	Boranup Loop:	35km
Sunday:	Jarrahdene – Venison Farm	50km + Compartment 10 & Pines + full Jedi loop
Monday:	Middle Earth – Dunsborough	48km + Middle Earth & Meelup & Country Club trails

WHICH GROUP SHOULD I JOIN?

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

While most of the route is not technical, the trails in Compartment 10, The Pines and Middle Earth are technical with winding single track and requiring some skill. You can ride around many but not all of the more challenging spots.

In Compartment 10 you can choose to ride green trails but all of Middle Earth is blue, so it is advisable that you attend a practice ride such as the Kalamunda Circuit one. You will have the possibility to opt out after a short time in Middle Earth if necessary.

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-2019/> for details. This is also an opportunity for you to gauge in which group you might ride.

WHAT TO BRING

- **A large beach towel to protect the bus seats for return trip to camp after a day's ride**
- Previous OffRoad riders please bring your blue vest – clean and named - for this year's stitching
- Your own tent (or share with a friend)
- Sleeping bag/bedding, pillow (or swag), inflatable mattress (please no large foam mattresses)
- Warm pyjamas
- 3 sets of riding clothes (in case of rain)
- 2 rainproof jackets (1 for riding, one for evenings)
- 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)
- Rear flashing light (if you have one) for use on road legs

Riding (remember take these on the bus Saturday morning)

- Bike, helmet, gloves, water bottle, riding shoes, spare tubes, pump, tools, wear your riding clothes
- Small backpack or camel back to carry on the trail (take on the bus)
- Gel shots, nibbles etc if you wish
- A rain cover or plastic bag for your backpack?

Your spares list – most of these are specific for your bike, we cannot supply every conceivable spare

- Chain link – correct size for your chain (9,10, 11 or 12)
- Tubes – correct size & valve type (26", 27.5", 29" Presta or Schrader valve)
- Derailleur hanger – all bikes have different types

EVENING ENTERTAINMENT

Are you a singer, guitar player, joke teller or similar? Please let Jenny know as we would like to incorporate a little entertainment during the evenings.

There will be a half hour quiz night one evening.

Please note that we are not averse to you having a couple of drinks in the evenings but bear in mind that there will be minors present, you have to ride on public roads the next day and that many riders will want to go to bed fairly early. Moderation is the key here. There must not be any alcohol on the coach.

BEFORE THE RIDE

- Have your bike serviced
- Make sure your pedals can be removed.
- Check the what to bring and bike spares
- Pay your minimum \$200 fundraising before the event (exemptions apply).
- Bank details:

Commonwealth Bank of Australia

BSB 066-112

Account number 10426467

Use your name or suitable label as the reference