

## INFORMATION SHEET ONROAD 2020

Last updated 24/02/2020

### 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.

There will be bananas and biscuits in one vehicle for each group for en route stops.

There's always water in the vehicles for you to fill up bottles at scheduled and unscheduled stops.

### LUGGAGE TRUCK

Luggage will go into a Hertz Truck for transport direct to the overnight stop each day. You therefore cannot access your luggage during the day.

On Monday the truck will NOT travel to Busselton, so if you are making your own way home or wish to have a shower at Busselton, you will need to place your luggage or backpack in your group's trailer on Monday morning. **No eskies will be loaded into the luggage truck.**

### ROUTE

See OnRoad menu for Strava maps for each leg

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

It is important to note that we do not want family or friends following the groups on the road as this increases congestion.

### 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	405
Yellow	38	44	56	63	40	21	46	66	375
Orange	38	44	42	36	40	21	46	66	333
Blue	35	38	42	25	40	21	29	50	280
Green	30	38	42	25	40	21	29	50	277

Green group will travel a different route to previous years on leg 1, day 1.

### 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

**Please note that the lunch provided by The Lions Club of Busselton is for riders and crew only, not for families. The Lions provide this free of charge and cater only for the number of participants.**

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. 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. Luggage will be packed into the Hertz truck.

## **PERTH DROP-OFF**

P2 carpark at Optus Stadium. Follow Roger Mackay Drive into the stadium area and turn right at the roundabout. The estimated time of arrival is 7-7:30pm. **Please note that there will be a (strict) 20 minute food/drink/toilet stop at a major service station on the way home. There is no need therefore to take food on the bus.**

## **RIDER GUIDELINES**

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

**The committee and some riders have expressed concern over the level of alcohol consumption by some people during the evenings, leading to rowdy and sometimes disrespectful behaviour and disturbance of others at bed time. We ask that everyone is mindful of drinking only in moderation, remembering that we have underage people involved and that we are all riding the next day. No eskies will be carried in the luggage truck or any trailers. No alcohol is to be consumed on the coaches on the way home - a strict requirement of Gannaways Bus Service.**

## **SPIRIT OF THE RIDE AWARD**

2019 saw the inception of a SPIRIT OF THE RIDE Award, initiated by Marty Seward, who made a perpetual trophy. This will be awarded at Busselton. A judging panel will take input from participants during the event to decide the recipient.

Everyone is asked to write their suggestions. Pens, paper and a box will be available at each stop.

The recipient could be any of rider, support or catering crew. The criteria for judging will be:

- Courage and determination – eg overcoming personal difficulties
- Support of others – eg encouragement, humour, selflessness
- Positive, enthusiastic attitude – to all participants
- Inclusion of all
- “Above and beyond” behaviour

There will be many people who display these attributes, so we will rely upon your input to help the judges.

## **SPARE PARTS**

We always take an assortment of spare tubes and tyres which are available each morning and evening. If you use any stock, you need to pay for it later. 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 may be a bidding auction.

## FUNDRAISING

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

## WHAT TO BRING

Sleeping bag, pillow, pyjamas

Mattress

Small tent or swag if desired

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 or backpack 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

Your white name plate, attached to your seat, from a previous ride if you have it



## FAMILIARISATION RIDES now completed

Sunday 2 February: Narrows South to Tomato Lake and return (27 riders)

Saturday 8 February Shelley Beach foreshore to Point Walter and return (17 riders)

Sunday 23 February Narrows South to Wanneroo and return (21 riders)

Return following same route.

## INCLUDED MERCHANDISE

Every participant will receive a commemorative t shirt.