

LIFE CYCLE OFFROAD 2021 @ PEMBERTON

INFORMATION

Last updated 18/3/2021

Dates are **Saturday 2 October to Tuesday 5 October** (the middle weekend of the school holidays).

TRANSPORT

There will be a coach and trailers to carry your bikes but if your family wishes to go you are free to drive to Pemberton.

ACCOMMODATION

We will be staying at the Pemberton Sports Club in the main street. There is a double basketball court area inside, hot showers and a small games room and an option to camp outside. There are also many other accommodation options in the town. Remembering it is school holiday time, it is advisable to book early if you wish to stay elsewhere.

<https://www.pembertonvisitor.com.au/accommodation>

SATURDAY START

The coach will NOT start from Kelmscott as in previous years due to road and rail works in the area. It is LIKELY at this stage that we will start near the Cockburn Central railway station.

CATERING

We are hoping to have different local community groups cater our evening meals each night to support the community.

We will have our own catering team to supply breakfasts, lunches and morning and afternoon teas.

A bar will be in operation for the general community (and us) each night although we recommend moderation there!

FUNDRAISING

- A \$200 minimum applies, with exemptions if you raised \$200+ during the March OnRoad and a once only \$200 minimum for any couple or family group
- Jenny will have Cadbury chocolates, collection tins and Bandanna Bags and you may have to get creative with work morning teas, sausage sizzles, etc. Jenny can put you in touch with others to help as crew for sausage sizzles if you book one when they are again available.
- A free CanTeen cycle jersey (once only) for riders who raise \$500 or more will still be on offer.



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 also receive another item. 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.

Make sure you read our policy on **Mechanical problems during the ride** as posted separately on this web page. See the link on the website *OffRoad Rider > Information Sheet OffRoad 2020 > Mechanical Problems During the Ride*"

SPARE PARTS

We will have some spare tubes and tyres, which can be purchased as needed.

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

- Chain link – correct size for your chain (8, 9, 10, 11 or 12)
- Tubes – correct size & valve type (26", 27.5", 29" Presta or Schrader valve)
- Appropriate derailleur hanger – all bikes have different types and they DO break

GROUPS ON THE TRAIL

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.

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 or off-load it to a TLCCWA support vehicle or a catering vehicle when you see them.

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.

Groups will be approximately graded from stronger and faster through to slower.

SOCIAL RIDES

Monthly social rides will start in April. The dates and places are on the website and details for each one will be posted on the website nearer to the date.

WHAT TO BRING

- Previous OffRoad riders please bring your blue vest – clean and named - for this year's stitching
- Sleeping bag/bedding, pillow (or swag), inflatable mattress /ear plugs
- Warm pyjamas
- 3 sets of riding clothes
- 2 rainproof jackets (1 for riding, one for evenings)
- Water bottle/Camelbak, butt cream, backpack if desired/raincover, bike lock, spare tubes
- Your white name plate, attached to your seat, from a previous ride if you have it
- Warm clothes and shoes for evenings
- Mozzie repellent, sunscreen (we will have plenty), lip balm
- Toiletries, towel, wet wipes
- Medications
- Camera
- Money or card
- Torch
- Plastic bags for wet clothes
- Garmin or other GPS device with routes loaded
- Chargers for all your gadgets, small USB power pack?
- Please carry spare parts (see above)
- A sense of humour and fun